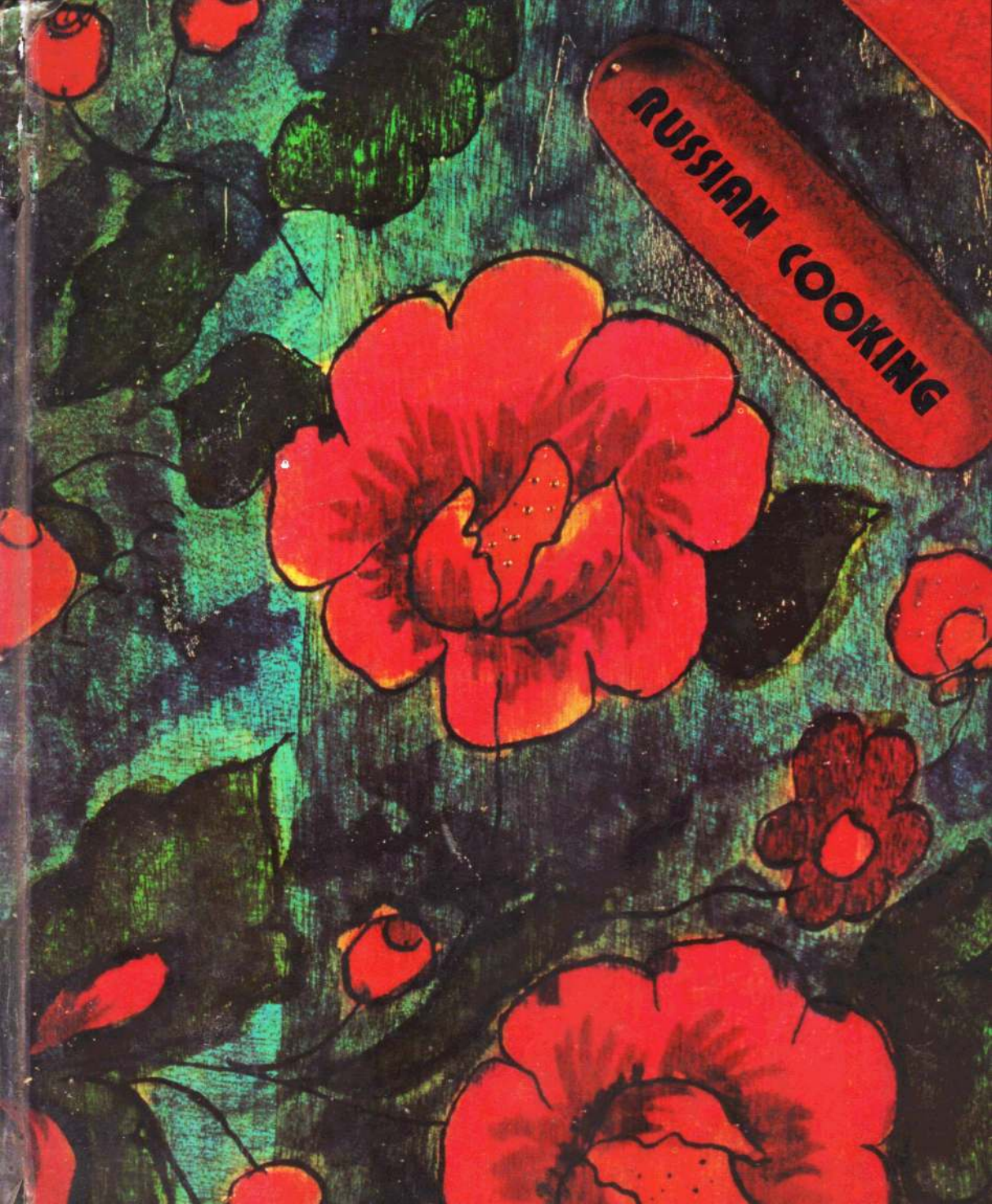
RUSSIAN COOKING

РУССКАЯ КУХНЯ

СОСТАВИТЕЛЬ
А. КРАШЕНИННИКОВА

МОСКВА

RUSSIAN COOKING

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Foreword

The sources of the material used for compiling "Russian Cooking" include old manuscripts and cookbooks, ethnographic researches, current selections of recipes.

In this book, therefore, the reader will find some long-forgotten Russian national dishes as well as those popular today.

Every country has its own favourite dishes, traditional ways of preparing food that are historically determined and that best suit the national taste, the people's way of living, the climate. It took many thousands of years for eating habits to develop, bit by bit, thanks to the collective efforts of ancestors and a long process of evolution before they became crystallized into the "national taste". That is why to a Russian, shchi (cabbage soup) and okroshka (cold kvass soup) seem more delicious than the most dainty dishes of European cuisines.

The mode of life of a nation is influenced by many factors – natural, social and others. To some degree it is also affected by cultural interchange with neighbours in the course of which each nation adopts all that is most valuable and more to its taste, including culinary recipes.

Hence, the daily fare of Russian people has come to include such foreign dishes as cutlets, sauces, jelly, etc., so that now it is hard to conceive of a menu without these dishes, no matter how or when they happened to come to Russia.

In the course of historical development, changes occur in the national diet with the appearance of new foodstuffs and new dishes. Tomatoes appeared in Russia comparatively recently, yet now it is hard, for example, to imagine a solyanka (thick tart meat or fish soup) or borshch (a beet soup laden with vegetables and meat) without them. Potatoes made their appearance in Russia about three centuries ago. At the present time, various dishes made with them have long become characteristic of the standard fare of many peoples of the Soviet Union.

The aim of the composer of the book was to select recipes for preparing the most nutritious and tasty dishes from the great variety of national dishes with which the Russian cuisine abounds.

To all readers of "Russian Cooking" who have sent us their comments and requests concerning the content and design of the book Mir Publishers is very grateful. In the new edition we have, as far as possible, tried to take into consideration all the remarks and suggestions made by our readers, which, we hope, has helped to increase the value of the book and make it more convenient to use.

We believe that English-speaking readers interested in different national cuisines and those who wish to experiment with Russian cookery will find much of value in our new edition.

The recipes in this book are for 4-5 servings unless otherwise indicated.

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Weights and Measures

All recipes in this book are based on metric weights and measures. The measuring cup used for recipes in this book contains 250 millilitres (250 cu cm). In the table of weight and measurement equivalents given below the dry ingredients are measured in heaping spoonsful, or as much as the spoon will hold. Measurements of ground spices are level.

Weight and Measurement Equivalents

	Grams			
	cup	tblsp	tsp	piece
Flour and Cereals				
Wheat flour	160	25	10	–
Potato flour	200	30	10	–
Dry bread crumbs	125	15	5	–
Buckwheat groats	210	25	–	–
Rolled oats	90	12	–	–
Mannacroup (semolina)	200	25	8	–
Pearl barley	230	25	–	–
Pot barley	180	20	–	–
Rice	230	25	–	–
Millet	220	25	–	–
Beans	220	–	–	–
Split peas	230	–	–	–
Lentils	210	–	–	–
Dairy Products				
Butter (melted)	245	20	5	–
Milk	250	20	–	–
Sour cream	250	25	10	–
Vegetables				
Carrot, medium	–	–	–	75
Potato, medium	–	–	–	100
Onion, medium	–	–	–	75
Cucumber, medium	–	–	–	100
Tomato paste	–	30	10	–
Tomato puree	220	25	8	–
Parsley root	–	–	–	50
Miscellaneous				
Granulated sugar	200	25	10	–
Salt	325	30	10	–
Vinegar	250	15	5	–
Gelatin, powdered	–	15	5	–

Oven Temperatures

	Fahrenheit	Centigrade
Very cool	225°–275°	125°–150°
Slow	275°–300°	150°–170°
Moderate	325°–375°	180°–210°
Hot	400°–450°	220°–250°
Very hot	450° and over	250° and over

APPETIZERS

lettuce and egg salad
with sour cream dressing
1 egg
300 g lettuce
parsley
1 cucumber
+ 1/2 cupful sour cream
and vinegar dressing

Zakuski

Russian "zakuski" are usually a hearty introduction to a still heartier meal. They begin with several kinds of salted and pickled fruits, vegetables and mushrooms and are followed by copious hot or cold savouries.

Salads

Lettuce-and-Egg Salad with Sour Cream Dressing

300 g lettuce (washed and drained)
1 cucumber
1 hard-cooked egg
1/2 cupful sour cream and vinegar dressing
Dill or parsley

Cut the lettuce. Chop the hard-cooked egg and combine with sour cream and vinegar dressing (see p. 27). Pour the dressing over the lettuce, toss, decorate with sliced cucumber, sprinkle with chopped dill or parsley. Serve immediately.

Lettuce Salad with Vinegar-and-Oil Dressing

300 g lettuce (washed and drained)
White bread crust rubbed with garlic (optional)
1 cucumber (optional)
1/4 cupful vinegar and salad oil dressing
Dill or parsley

Cut the lettuce leaves crosswise. Pour the dressing (see below) over the lettuce just before serving, toss and sprinkle with finely chopped dill or parsley. Cucumber, sliced thin, may be added; decorate with bread crusts rubbed with garlic and cut into diamonds. Serve with any roast, fried or boiled meat or fried fish.

"Health" Salad

2 cucumbers
2 raw carrots
2 apples
2 tomatoes
100 g lettuce
1/2 cupful sour cream
Juice of 1/4 lemon
Salt and sugar

Wash and shred the cucumbers, carrots, apples and lettuce. Mix with sour cream and lemon juice; add salt and sugar to taste. Garnish with sliced tomatoes.

Cucumber Salad with Sour Cream

3 cucumbers
1/4 cupful sour cream
Dill
Salt
Pepper

Wash and peel the cucumbers. Cut into thin slices and arrange in a salad bowl. Before serving sprinkle with a pinch of salt and a dash of pepper, pour over the sour cream. Salt to taste. Sprinkle with chopped dill.

Radish Salad with Sour Cream

2-3 bunches of radishes
1 hard-cooked egg
1/2 cupful sour cream
Salt

Wash and slice 25-30 radishes thin. Mash the egg yolk, add sour cream and salt; chop fine the egg white. Combine with radishes and white of egg chopped fine.

Tomato and Cucumber Salad

5-6 tomatoes
2-3 cucumbers
2 tblsps salad oil
3-4 tblsps vinegar
Salt, pepper, sugar
Chopped dill or parsley

Wash and slice the tomatoes and cucumbers crosswise. Sprinkle with salt, pepper and sugar to taste. Before serving pour over the vinegar mixed with salad oil. Sprinkle with chopped dill or parsley. Tomatoes or cucumbers may be prepared separately in the same manner. If desired, onion sliced in thin rings or chopped green onions may be added.

Beetroot Salad

2-3 beetroots
2 tblsps salad oil
1/4 cupful vinegar
Salt, pepper
Chopped dill
or parsley

Boil or bake the beetroots until tender. Peel and shred, sprinkle with salt and a dash of pepper. Moisten with the oil and vinegar. Sprinkle with chopped dill or parsley.

Beetroot and Potato Salad

Follow the directions for beetroot salad using an equal amount of beets and potatoes.

Potato Salad

5 boiled potatoes
50 g chopped green onions
2 tblsps salad oil
1/4 cupful vinegar
Salt
Pepper
Dill or parsley

Peel and dice the potatoes; salt and pepper to taste; moisten with vinegar and salad oil. Heap in a bowl and sprinkle with chopped dill, parsley or green onions. This salad is especially good if the potatoes are freshly cooked and still warm. Serve with hot or cold veal, mutton, pork or fish or as a separate course.

Red Cabbage Salad

I

500 g red cabbage
1/4 cupful vinegar
1/2 tblsp sugar
1 tsp salt
1 tblsp salad oil
(optional)

Wash and clean the cabbage; cut into four parts, remove the core; shred with a sharp knife or shredder. Pour over boiling-hot water, cover and let stand for 20-30 minutes. Drain in a colander. Pour cold water over the cabbage, drain again and squeeze. Transfer into a salad bowl and moisten with vinegar. Add sugar and salt to taste, toss and set aside for 20-30 minutes. If desired, pour over salad oil and toss again. Serve with meat, wild fowl, poultry or fish.

II

Follow the directions given for the previous salad. Instead of pouring over boiling-hot water, salt the cabbage lightly and rub it until soft and a dark juice appears; squeeze and drain. Pour over vinegar, add sugar and toss. In a few minutes the cabbage will become bright. Serve with meat, wild fowl, poultry or fish.

Cabbage Salad

I

500 g white cabbage
1/4 cupful vinegar
1/2 tblsp sugar
Salt
2 tblsps salad oil (optional)

Clean and wash the cabbage, remove the core. Shred finely, sprinkle lightly with salt and rub until the cabbage becomes soft. Squeeze and drain off the juice. Combine the vinegar and sugar and pour over the cabbage. Set aside for 30-40 minutes. Add salad oil if desired.

II

500 g white cabbage
1/4 cupful vinegar
Salt
2 tblsps salad oil

Clean and wash the cabbage, remove the core and shred. Add salt and vinegar. Stirring constantly warm over low heat until the cabbage becomes soft and settles. Chill, sprinkle with sugar and pour over the oil.

Cabbage, Apple and Celery Salad

500 g white cabbage
1 stalk of celery or equal amount of celeriac
1 apple
1/4 cupful vinegar
1/2 tblsp sugar

Prepare the cabbage as directed for plain cabbage salad. Pare and dice the apple; shred the celery. Mix together the cabbage, apple and celery. Add sugar and pour over vinegar. Serve with roast or boiled meat, fried or boiled fish or with cold meat or fish.

Sauerkraut Salad

500 g sauerkraut
1 tblsp salad oil
1-2 tblsps sugar
Fresh or pickled apple
Celery and red bilberries (optional)

Mix the sauerkraut with sugar and salad oil. Should the sauerkraut be too sour, wash in cold water and squeeze. If desired, slices of fresh or pickled apples, diced celery, fresh or soaked red bilberries may be added. Serve with sausages, roast pork or boiled fowl.

Fruit Salad

3 apples
1 pear
1 orange
1 tangerine
1/4 cupful mayonnaise
Juice of 1/4 lemon
1 tsp powdered sugar
Salt

Wash and peel the fruit, remove the core and seeds and dice. Before serving sprinkle the fruit with powdered sugar and a pinch of salt. Combine lemon juice and mayonnaise and moisten the fruit. Arrange in a salad bowl; sprinkle with finely shredded orange rind. Reserve some of the fruit for garnishing. Stewed prunes, grapes or berries may also be used as garnishing. All the ingredients except the apples can be varied in season (peaches, apricots, stewed quince, strawberries, etc.). Serve with cold roast or boiled meat, veal, mutton, poultry or wild fowl, or as a separate course.

Meat Salad

200 g boiled or roast meat
4-5 oiled potatoes
2 pickled cucumbers
½ tblsp Yuzhny sauce[1]
½ cupful mayonnaise
Lettuce leaves
Salt, pepper

Dice the meat, potatoes and pickled cucumbers; combine Yuzhny sauce with mayonnaise, salt and black pepper. Heap in a salad bowl and garnish with lettuce leaves, pickles sliced lengthwise and pieces of meat.

Sausage or Ham Salad

200 g sausage or ham
3 or 4 boiled potatoes
50 g celery
75 g gherkins or sweet-sour pickles
1 apple
½ head lettuce
1 cupful mayonnaise
Parsley
Tarragon
Salt

Dice the sausage or ham, potatoes, celery, gherkins or pickles and apples. Cut the lettuce. Combine the mayonnaise with chopped parsley and tarragon and salt to taste. Pour dressing over the salad and toss. Garnish with sliced cold boiled beets, apples and onion rings.

Hazel Hen or Partridge Salad

1 boned boiled (or roast) hazel hen or partridge
4 or 5 boiled potatoes
2 cucumbers or pickled cucumbers
100 g lettuce
2 hard-cooked eggs
1 apple
½ cupful mayonnaise
½ tblsp Yuzhny sauce[1]
1 tblsp vinegar or lemon juice
½ tsp powdered sugar
Salt

Dice the fowl, potatoes, cucumbers (or gherkins), one egg and the apple; cut the lettuce into large pieces. Combine the mayonnaise with the lemon juice and powdered sugar. Pour the dressing over the salad, salt to taste. Heap in a salad bowl and garnish with the lettuce, wedges of hard-cooked eggs, sliced tomatoes and cucumbers.

Hazel Hen and Vegetable Salad

1 boned roast or boiled hazel hen
2 or 3 boiled potatoes
1 cucumber
100 g asparagus or cauliflower
1 boiled carrot
Salt
100 g string beans or green peas
1 tomato
⅓ cupful salad oil and vinegar dressing
Lettuce
Sprigs of celery

Cut the lettuce. Arrange the vegetables on the lettuce. Cut the hazel hen meat into wide thin slices and arrange in a pyramid over the lettuce. Garnish with sprigs of celery or lettuce leaves. Before serving, sprinkle with salt and moisten with salad oil and vinegar dressing (see below).

Poultry and Vegetable Salad

Any poultry may be substituted in the above recipe. Out of season, canned asparagus, cauliflower, green peas, string beans, tomatoes, etc., may be used.

Fish and Tomato Salad

200 g fillet of fish
1 tomato
1 cucumber
3 boiled potatoes
1/2 head lettuce
75 g gherkins or
1 pickled cucumber
1/2 cupful mayonnaise
1 tblsp vinegar
Salt
50 g chopped onion or green onions (optional)

Fresh sturgeon, sevruga, beluga, zander or salmon are all suitable for this salad. Thoroughly mix the fish, gherkins, sliced tomato, lettuce, peeled and diced potatoes and cucumbers. If desired, chopped onion or green onions may be added. Just before serving salt lightly and blend with the mayonnaise and vinegar. Heap in a salad dish and garnish with lettuce leaves, sliced tomato and cucumber. The salad may also be garnished with pressed, soft or red caviar, strips of salmon or sturgeon and pitted olives.

Fish Satsivi (Georgian)

500 g fish
1 cupful walnut kernels
3/4 cupful grape vinegar
3-4 onions
2-4 buttons of garlic
1 tsp ground cloves
and cinnamon
1 tsp kindza[10] seeds
2 bay leaves
8 whole allspices
1 whole pepper
Ground black pepper
Salt to taste

Cut the cleaned fish into pieces, place in a saucepan and add just enough water to cover. Put in the bay leaves and allspice and cook for 30-40 minutes. When tender arrange the fish in a serving platter.
Crush the walnuts or put them through the food grinder together with the garlic, the whole pepper and salt. Add the kindza seeds which have been crushed, mix thoroughly, pour in the fish liquor and transfer the mixture to a clean saucepan. Add finely chopped onion and cook for 10 minutes. Add the cinnamon, cloves and black pepper which have been combined with vinegar. Continue to cook 10 minutes longer. Pour the hot satsivi over the fish, cool and serve.
Pomegranate or sour grape juice may be substituted for the vinegar.

Marinated Fish Salad

300 g fillet of fish
2 boiled potatoes
150 g pickled cucumbers
1 boiled carrot
150 g canned peas
150 g mayonnaise
2 tsps (20 g) Yuzhny sauce[1]
1 hard-cooked egg

Marinade

2 tblsps (20 g) vegetable oil
40 g chopped parsley
1 tblsp (20 g) sugar
1 tblsp 30% vinegar
Salt

Fillet of conger eel, sole, scad, eel-pout, bluefish or black cod may be used. Pour in hot water just enough to cover the fish. Add the spices and salt after the water begins to boil. Chill and then remove the fish from the liquor. Cut up the fish, reserving a few large pieces for garnishing. Combine the ingredients of the marinade and pour over the fish. Allow the fish to marinate for 1 hour in the refrigerator; this will make it juicier. Slice the pickled (or spiced) cucumbers, boiled potatoes and carrot, combine with

mayonnaise to which the Yuzhny sauce[1] has been added. Toss and heap in a salad plate. Arrange the large pieces of fish on the salad and dress with mayonnaise. Garnish with greens and a hard-cooked egg.

Boiled Fish Salad

300 g fillet of fish
2 boiled potatoes
150 g cucumbers
100 g tomatoes
150 g canned peas
100 g greens
150 g mayonnaise
1 tsp Yuzhny sauce[1]
Marinated sweet red pepper for garnishing

Boil and then chill and flake the fish. Reserve several pieces for garnishing. Slice thinly the boiled potatoes, cucumbers and tomatoes, add the peas and then combine with the mayonnaise to which the Yuzhny sauce[1] has been added. (Reserve some ingredients for garnishing.) Mix gently but thoroughly with the fish. Heap in a salad bowl and garnish with pieces of fish, slices of vegetables, greens and marinated sweet red pepper.

Crab Salad

1 can crabmeat
1 boiled turnip
1 boiled carrot
2 or 3 boiled potatoes
1 cucumber
1 tomato
100 g canned green peas or string beans
$^1/_2$ head lettuce
$^1/_3$ cupful mayonnaise
1 tblsp salad oil
2 tblsps vinegar
Salt

Dice the vegetables; cut the tomato into round slices. Cut up the lettuce and heap in a salad dish; reserve lettuce leaves for garnishing. Arrange each vegetable in a separate "bouquet" around the lettuce. Put the drained and picked crabmeat in the centre of the lettuce. Just before serving, sprinkle a pinch of salt over the vegetables, moisten with salad oil and vinegar dressing which has been blended with a little crabmeat juice. Pour the mayonnaise over the crabmeat and garnish with lettuce leaves.

Crayfish Salad

Substitute crayfish meat in the above recipe.

Russian Vegetable Salad (Vinegret)

4-5 potatoes
1 beetroot
2 pickled cucumbers
1 fresh or pickled apple
100 g sauerkraut
1 carrot
50 g green onions
100 g mustard dressing
Chopped dill

Separately boil the potatoes, beetroot and carrot until tender, drain and chill. Peel and dice, slice or shoestring the ingredients. Mix with sauerkraut. Salt to taste. Before serving pour over mustard dressing and toss. Garnish with the sliced beetroot, green onions, dill and cucumbers.

Mushroom Vinegret

Add to the above recipe 100 g any kind of pickled mushrooms.

Russian Herring Salad

1 medium-sized herring
2 boiled potatoes
1 apple
1 pickled cucumber
1 onion
1 boiled beetroot
1 or 2 hard-cooked eggs
3 tblsps salad oil
2 tblsps vinegar
1 tsp mustard
Parsley or dill

Clean, bone and slice the herring. Thinly dice the vegetables and apple. To make the dressing, mash the egg yolk with a fork, add to it salt and mustard, gradually stir in oil enough to make a thick paste and then add the vinegar. Combine the salad and dressing, add the chopped onion and parsley or dill. Garnish with slices of beet, pieces of herring and chopped egg whites.

Russian Fruit and Vegetable Salad

1 apple
1 pear
1 tangerine
1 orange
3-4 boiled potatoes
1 boiled carrot
1 cucumber
2 tsps sugar
Celery and parsley greens (50 g each)
$^1/_2$ head lettuce
50 g green peas
$^1/_2$ cupful mayonnaise
Juice of 1 lemon
Salt

Peel and slice the apple, pear, potatoes, carrot and cucumber. Add the peas, chopped celery and parsley. Before serving sprinkle with a pinch of salt and sugar and combine with the mayonnaise and lemon juice. Garnish with sliced orange, tangerine and lettuce.

Russian Vegetable Salad with Fish

250 g fillet of fish
1 (100 g) beet
2 (200 g) carrots
3 (150 g) potatoes
100 g green onions
150 g pickled cucumbers
1 (100 g) onion
150 g fresh cabbage or sauerkraut
50 g salad dressing
100 g canned peas
100 g pickled plums
Greens

Either boiled or fried fish may be used in this salad. Boil the beet, carrot and potatoes, chill and cut up along with the pickled cucumber. Slice the onion into half rings. Chop the green onions and slice the tomatoes. Squeeze the sauerkraut, but if it is too sour, wash in cold water, squeeze and then add. Cut the fish into little chunks. Combine with vinegar and oil dressing (see p. 27) or mayonnaise. If boiled fish is used, add green peas and pickled plums. Garnish with greens.

Bean Salad

1 cupful beans
2-3 carrots
$^1/_2$ cupful shredded celery
200 g lettuce
2 tblsps salad oil
200 g mustard dressing
1 apple

Soak the beans for 4-5 hours in cold water, then cook, drain and chill. Cook, cool and dice the carrots. Mix beans and carrots with shredded celery and lettuce. Pour over mustard dressing. Arrange in a heap and garnish with lettuce leaves, carrots and, if desired, sliced apple.

Mushrooms Butter

100 g butter
100 g mushrooms (spiced or pickled)
Greens
50 g canned pepper
$^1/_5$ cupful boiling water

Put the mushrooms through a mincer two or three times or rub them through a sieve. Then combine them with the melted butter and boiling water, small portions at a time. Mix to blend. Put the mixture into the decorating bag and squeeze out small por-

tions of the mixture on small round pieces of bread. Decorate with sprigs of greens and canned pepper.

Mushroom "Caviar"

250 g pickled mushrooms or 50 g dried mushrooms
1 onion
Pepper
Lemon juice or vinegar
Chopped green onions
1 or 2 tblsps vegetable oil
Salt

Any pickled mushrooms or cooked dried mushrooms may be used. Wash and drain the pickled mushrooms and chop fine. Chop the onion and sauté in oil, cool and add to the mushrooms. Add pepper to taste. After cooking the dried mushrooms, prepare as directed above. Add salt and pepper to taste, a little lemon juice or vinegar. Sprinkle with chopped green onions.

Meat "Cheese"

200 g boiled meat (beef)
100 g butter
30 g rice

Yield: 5 portions

Boil the rice and rub it through a sieve together with the boiled meat which has been put through a mincer five or six times. Mix the rice and meat thoroughly.
Put small portions of mixture, with the help of a decorating bag, on slices of bread. Decorate with greens and let cool.

Savoury Zakuska[4] with Curds

300 g curds (cottage cheese)
100 g butter
50 g cheese
50 g mayonnaise
1 tblsp spicy sauce

Press the curds through a sieve, add the melted butter, grated cheese and mayonnaise. Mix to blend. Put into a decorating bag and squeese out small portions on small pieces of bread.

Eggplant "Caviar"

300 g eggplant
1-2 onions
2 tblsps vegetable oil
1 tomato
Salt, pepper
Vinegar

Bake or boil the eggplant. Peel and chop fine. Add the tomato and slightly browned fried onion. Salt, pepper, oil and vinegar to taste. Mix thoroughly, warm over low heat to eliminate any extra moisture. Chill before serving.

Beetroot "Caviar"

500 g beetroots
2-3 tblsps sugar
2 tblsps butter
$^1/_2$ lemon

Wash and cook the beetroots until tender. Peel and mince in a mincer. Add sugar, butter, a bit of lemon rind and lemon juice. Mix thoroughly and heat in a saucepan for 5 to 10 minutes stirring constantly. Chill before serving.

Fish

Herring with Garnishing

Soak the skinned herring fillets in water, weak tea or milk for 3 or 4 hours. To clean and skin the herring cut off the edge of the belly, the head and tail; remove the viscera; slit the skin from head to tail along the backbone; remove the skin beginning at the head and working towards the belly and tail. Cut the flesh from the backbone and remove the rib bones on both sides. Put the two fillets together, cut into pieces of the desired size and arrange in an oblong herring plate. Put the head (gills removed) at one end and the tail at the other. Garnish with cucumbers, tomatoes, gherkins, pickled mushrooms, finely diced boiled beets, potatoes, carrots, onion or green onions, capers and hard-cooked eggs. Before serving moisten the herring and the garnishing with dressing.

Vegetable Oil and Vinegar Dressing

Combine 2 or 3 tablespoonsful vinegar with salt, sugar and pepper to taste. Stir in 1 to 1½ tablespoonsful vegetable oil.

Mustard and Egg Dressing

Combine the yolk of one egg with one teaspoonful prepared mustard and one teaspoonful vegetable oil, 2 or 3 tablespoonsful vinegar and salt to taste. Mix the ingredients thoroughly.

Lamprey Eels (Minogi)

Cut prepared eels into pieces 3 or 4 cm long. Cover with thinly sliced onions. Add 1 or 2 teaspoonsful freshly grated horseradish to salad oil and vinegar dressing and pour over the eels.

Sturgeon (Soft and Pressed) and Red Caviar

Serve soft and red caviar in small bowls. Pass chopped green onions separately. Shape pressed caviar into a little cake. Garnish with a sprig of parsley and a slice of lemon; pass butter in a separate dish. Serve with small rasstegay[2] with viziga[3] or rice and fish filling.

Sturgeon, Beluga, Sevruga, Catfish

Boil and chill the fish before removing the cartilage and rib bones. Slice and serve garnished according to season and preference with sliced tomatoes, cucumbers or gherkins, a salad of plain or red cabbage, greens or potatoes, carrots and peas. Moisten the garnishing with vinegar and oil dressing. Serve immediately. Pass horseradish and vinegar, mayonnaise, and pickles separately.

Minced Herring

200 g filleted herring	1 large apple
100 g white bread	1 onion
2 tblsps butter	Nutmeg
	Parsley sprigs

Mince the herring (for filleted herring see above), apple and onion and then press

through a sieve together with the bread which has been soaked and squeezed dry. Combine with the butter and mix thoroughly with a paddle or spoon. Add a dash of ground nutmeg if desired. Serve in an oblong dish. Put the herring head at one end and the tail at the other. Garnish with sliced apple and sprigs of parsley. For variety, finely grated apple may be added. Serve in a butter dish or spread on slices of fried bread.

Anchovies and Potatoes

1 can anchovies	2 tblsps vinegar
5-6 potatoes	Green onions
1 tblsp salad oil	Salt, pepper

Dice the freshly boiled potatoes and arrange in a heap. Roll the boned anchovies into rings and place them around the potatoes alternately with chopped green onions. Make a dressing of salad oil, vinegar, salt and pepper. Pour over the potatoes.

Fried Fish in Marinade

500 g sturgeon, zander, pike, smelt, navaga or cod	300 g marinade (see below)
1 tblsp flour	50 g green parsley or dill
1 tblsp vegetable oil	Salt, pepper

Prepare one of these or another similar fish as directed in the section "Fish". Cut large fish into portions of the desired size; small fish can be marinated whole. Slash the skin, sprinkle with salt and pepper, then roll in flour. Fry in hot vegetable oil until golden brown then bake until tender. Chill and pour over marinade. Set aside in refrigerator for 2-3 hours. Before serving sprinkle with parsley or dill.

Marinade

150 g carrots	2-3 cloves
20 g parsley root	1 piece stick cinnamon
100 g onion or leeks	$^1/_2$ cupful weak (3%) vinegar
$2^1/_2$ tblsps vegetable oil (40 g)	8 peppercorns
5 tblsps tomato puree	1 tblsp sugar
4 bay leaves	Salt to taste

Scrape and wash the carrots and parsley, clean the onions, then slice or shred them. Sauté slightly in vegetable oil for 10 to 15 minutes. Add tomato puree and spices, cover and sauté for 10 to 15 minutes. Pour in vinegar and fish liquor, add salt and condiment and boil for another 10 minutes. Chill, remove the bay leaves, cloves, peppercorns and cinnamon.

Boiled Zander with Mayonnaise

800 g fish	150 g potatoes
150 g mayonnaise	1 cucumber
3 tblsps salad dressing	2 tomatoes
100 g carrots	1 small can of peas

Spiced Liquor

1 carrot	2-3 peppercorns
1 onion	1 tsp salt
1 celery	1 l water
1 bay leave	1 parsley root

Add the ingredients to water and boil for about 40 min.

Boil the fish till tender in spiced liquor for 20-25 min, then chill and cut into portions. Boil, peel and then dice the potatoes and carrots. Add sliced cucumber and tomatoes and green peas (reserve $^1/_3$ for garnishing). Combine the vegetables with mayonnaise and heap in the centre of each individual plate. Place a piece of fish on top. Arrange the cucumber, tomato and peas which have been reserved for garnishing in contrasting colours around the edge and pour over salad dressing. Dress the pieces of fish with mayonnaise.

Boiled Fish with Horseradish and Garnishing

100 g fillet of fish
2 tblsps salad dressing
100 g prepared horseradish
600 g garnishing (potatoes, carrots, cucumbers, green peas or coleslaw)

Cut the unskinned fillet of fish into portions and cook in a hot spiced liquor. Bring to a boil and cook for about 15 min. Cool the fish in the liquor then remove and drain. Dice the boiled and peeled carrots and potatoes, slice fresh or pickled cucumbers and arrange them and peas and coleslaw around the fish. Pour over oil and vinegar dressing (see below). Pass horseradish separately.

Fish Studen[30] in Mayonnaise

1 kg fillet of fish
300 g mayonnaise
1 tblsp powdered gelatin
Salt and herbs to taste
Vegetables for garnishing

Cook the fish in a hot spiced liquor for 20 min. Drain off the stock and strain. Cook until $^2/_3$ of the amount are left. Chill, add gelatin and set aside for 40 minutes till the gelatin swells. Heat until the gelatin is completely dissolved but do not bring to a boil. Flake the cold fish, add chopped greens and combine thoroughly with the cold stock which has been mixed with mayonnaise. (Reserve $^1/_3$ of the stock and mayonnaise mixture for garnishing.) Transfer to a deep platter. Chill slightly in the refrigerator, then pour the remaining mayonnaise and aspic mixture over the fish. Garnish with bright coloured vegetables and chill. Cut into portions before serving. Pass pickled cucumbers. Fish stock will be stronger if the trimmings are cooked in it.

Any lean fish or fish with a specific smell may be used.

Clear Aspic

1 kg fish
1 carrot
1 bay leaf
3-4 peppercorns
1 onion
1 parsley root
1 selery
1 tblsp gelatin
Salt to taste

Wash the bones, trimmings, roe and head (gills removed), add the vegetable roots, peppercorns and pour in water to cover. Bring to a boil, skim, add salt to taste and simmer for 40-50 min. Add the fish and cook whole for another 30-40 min. Then remove the fish from the stock. Clarify the stock with soft or pressed caviar as follows:

Rub 50 g of caviar in a mortar, add water

gradually until it is like heavy cream. Blend with one cupful of cold water, then add one cupful of hot stock and mix. Stir half the mixture into the hot fish stock, bring to a boil and add the remaining clarifying mixture. When the stock begins to boil, uncover and simmer for 15 to 20 min. Stand until the clarifier settles (10 to 15 min). Strain carefully.
Fish stock may also be clarified with egg whites:
Blend 2 egg whites with 0.25 l cold stock and then stir into the remaining 0.75 l hot fish stock, bring to a boil and simmer for 15 to 20 min. Stand and strain.
Soak the gelatin in $^1/_2$ cupful of the previously chilled stock for 40 min, then dissolve in the remaining stock at 70 °C (do not boil). Strain through a double cheesecloth.

Jellied Zander

1 zander (1,000-1,200 g)
1 tblsp gelatin
1 carrot
Sprigs of parsley leaves
Lemon
Salt to taste

Clean and wash the fish. Cook whole as directed above (see clear aspic). When done cool and then cut. Arrange on a platter in the shape of a whole fish, leaving spaces between the pieces. Set aside to chill. Decorate each piece of fish with a slice of lemon, a star-shaped piece of carrot and parsley leaves. Fix the decorations by pouring the aspic in layers, allowing each layer to congeal before adding the next. Refrigerate. Serve with red cabbage or potato salad, cucumbers or pickles. Pass mayonnaise separately.

Jellied Sturgeon

1,000 g sturgeon
25-30 g gelatin
1 carrot
1 parsley root
1 onion
Parsley leaves
Lemon
Salt

Cook the sturgeon (sevruga or beluga), carrot, parsley and onion in water enough to make 3 or 4 cupsful of stock for a clear aspic (see above).
Slice the cooked sturgeon and lay in a mould leaving spaces for aspic between the pieces. Decorate with the parsley leaves, slices of the carrot or cucumber. Fix the decorations by pouring over aspic in two or three layers. When jellied, cut into portions. Garnish with bouquets of cooked carrot, turnips, potatoes and green peas; moisten with vegetable oil and vinegar. Pass horseradish with vinegar and mayonnaise separately.

Jellied Fish Cutlets

500 g codfish
100 g white bread
$^1/_2$ cupful milk
$^1/_2$ cupful fish aspic
Boiled vegetables
Lemon
200 g pickled cucumbers or 100 g horseradish sauce with vinegar
1 onion
Salt to taste
Greens

Grind the skinned and boned fillet. Mix with bread which has been soaked in milk and squeezed dry. Add salt and pepper and, if desired, chopped onion. Put through the mincer once or twice. Shape into cutlets, steam and cool them. Prepare the fish aspic as directed in the recipe for jellied zander.

Put the cold cutlets into a deep platter with a thin layer of aspic poured in. Decorate with greens, boiled vegetables or lemon. Pour in aspic to cover. Refrigerate. Before serving, cut out the cutlets in jelly. Serve with pickled cucumbers or horseradish sauce with vinegar.

Fish Cutlets with Mayonnaise and Aspic

400 g codfish
80 g white bread
1/2 cupful milk
2 cupsful aspic
(1 1/2 cupsful for mixture and 1/2 cupful for glaze)
200 g mayonnaise
1 carrot
1 onion
1 pickled cucumber
Canned peas
Greens
Salt
Pepper

Cut the skinned and boned fillet. Mix with bread which has been soaked in milk and squeezed dry. Add salt and pepper and, if desired, chopped onion. Put through the mincer once or twice. Shape into cutlets, steam and then cool. Mix together the mayonnaise and aspic. Dip each cutlet into the mixture. Transfer to a deep platter and chill slightly in the refrigerator. Dip the cutlet into the mixture once more if it is not covered completely. Decorate with carrots, greens, peas. Pour over a thin layer of clear aspic for glaze. Garnish with the diced vegetables dressed with mayonnaise. Decorate with greens and cucumbers.

Jellied Shrimps

1,200 g shrimps
1 tblsp gelatin
1/2 carrot
Lemon
Vegetables
Greens
Mayonnaise or salad dressing
Salt to taste

Cook, shell and slice the shrimps. Drain off the stock and strain. Prepare a clear aspic as it is directed in the recipe for jellied zander and pour it in the moulds. Put the moulds into cold water. When jellied at the walls drain off the rest of the aspic. Lay the sliced shrimps in the moulds, decorate with the lemon and greens, pour the aspic in and cool. Sink the moulds into warm water for several seconds and transfer the jellied shrimps to a plate. Serve with chopped vegetables cut into small pieces and seasoned with the mayonnaise or salad dressing.

Stuffed Zander, Ladoga Manner

1 kg zander
1 egg
100 g milk
1 tblsp butter
1 onion
1 tblsp tomato puree
Spinach
Nutmeg
Salt
Pepper
Mayonnaise
Lemon
Greens
Vegetables

Clean the zander and cut off the head and tail to make a stock. Remove the viscera, wash and cut the flesh together with the backbone and rib bones leaving a flesh layer 0.5 cm thick. Put the fillet through the mincer two or three times. Add milk and eggs, mix

thoroughly. Season with nutmeg, pepper, salt and colour with passivated tomato puree or rubbed spinach. Fill the skin with the stuffing, wrap into gauze, add the stock to cover and cook for 1 h. Cool, pour the mayonnaise over the fish, decorate with vegetables, lemon, greens and pour over transparent jelly made as it was directed in the recipe for clear aspic. Garnish with vegetables, greens, etc.

Cold Meat

A goodly number of "cold zakuski" can be obtained ready-to-serve; these include ham, roast beef, pork and veal, roast poultry and wildfowl. There is a large assortment of boiled, smoked and semismoked sausage, liver sausage and paste. These can all be used in making up combination meat platters garnished with fresh, pickled or spiced fruits and vegetables.
Given below are recipes of favourite appetizers that may be made at home.

Liver Paste

500 g veal or beef liver	2 onions
50 g salt pork	1 egg
2 tblsps butter	Salt, pepper
2 carrots	Nutmeg
	2 tblsps stock or milk

Dice the salt pork and render in a hot frying pan. Add the finely cut up carrots and onions. When slightly browned, add the liver which has been cut into medium size pieces and sprinkled with salt and pepper. Cover with a lid and sauté until done. (Do not fry the liver too long or it will be dry.) Remove from heat and cool. Put the liver, vegetables and pork through a mincer two or three times. Combine with creamed butter and a dash of grated nutmeg. Taste to correct seasoning then transfer to plates or a serving dish. Decorate with butter shaped with a bag or tube, hard-cooked eggs, green onions or deep fried onions. Put the yolks of the eggs through the ricer and chop up the whites.

Sucking Pig with Horseradish

Prepare and cook the sucking pig as directed in the recipe for jellied sucking pig (see below).
Before serving chill and cut into portions. Decorate with sprigs of parsley or lettuce leaves.
Pass horseradish and sour cream sauce or horseradish and vinegar separately.

Jellied Pig, Russian Manner

4 pig's knuckles	1 carrot
1 pig's head	1 lemon
½ l white grape wine	Cinnamon
½ cupful vinegar	Greens
2 onions	Eggs

Singe the knuckles and head over a spirit flame to remove any bristles and wash them. Boil in water for 25 minutes, then put in cold

water. When cooled, transfer into a saucepan, pour in white grape wine, vinegar and water. Add the onion and cinnamon. Salt to taste. Bring to a boil and cook for 9 hours until done. Strain the stock through a double layer of cheesecloth. Remove the bones. Cut up the meat and put it on a platter. Decorate with half slices of hard-cooked eggs, slices of cooked carrots, greens and lemon. Pour the aspic over in layers and refrigerate. (See the recipe for clear aspic.)

Stuffed Jellied Pork with Vegetables

800 g pork	Garlic
80 g dry white bread	Nutmeg
4 potatoes (raw)	Gelatin
4 carrots (boiled)	Greens
1 turnips (boiled)	Pickled fruits
1 beetroots (boiled)	Salt to taste

Cut the pork flesh into a large square and pound it. Prepare the forcemeat with the rest of the pork, season with garlic and nutmeg, mix and beat thoroughly. Add salt to taste. Put the forcemeat on the pork flesh, roll it up, tie with a thread and brown. Dice the raw potatoes and boiled vegetables. Separately parboil the potatoes in salt water or stock. Put the stuffed and browned pork into a casserole, add the vegetables trimmings, pour in water to cover and simmer until done. Strain the stock and prepare a clear aspic as directed in the recipe for jellied zander. Transfer the pork to an oval-shaped dish, put in the vegetables, decorate with greens and pour the aspic in layers allowing each layer to congeal before adding the next. Garnish with greens and pickled fruits when served.

Jellied Tongue

1 tongue (about 1 kg)	1 carrot
20-25 g gelatin (for 2 to $2^1/_2$ cupsful aspic)	1 parsley root
	1 onion

Cook, chill and slice the tongue. Cover with aspic as directed in the recipe for jellied sturgeon. Skim the fat from the stock and make the aspic. Decorate with sliced hard-cooked eggs, cucumber, gherkins and parsley leaves. Pour over the aspic. Set aside to jell. Before serving cut around each piece with a knife and unmould. Garnish with plain or red cabbage salad, sliced tomatoes and cucumbers, spiced cherries, plums or grapes, lettuce and sprigs of parsley. Pass Ostry sauce[1], mayonnaise, horseradish and sour cream sauce or horseradish and vinegar.

Jellied Ham

Substitute lean ham in the above recipe.

Jellied Beef (Beef Studen[30])

Singe, cut and soak the lip and feet in cold water for 3 or 4 hours. Scrub with a brush and rinse in clean water. Add water until it is 8 or 10 cm above the meat. For each kilogram of meat and bones add 1 or 2 carrots, an onion, parsley. Cover and cook over low heat for 6 to 7 hours or until the meat easily comes

away from the bone. Skim all the fat. Bone the meat and put it through the meat mincer; combine with the strained stock. Add a bay leaf and a dash of pepper, salt to taste, and bring to a boil. Add one crushed button of garlic. Pour into the mould. Sliced hard-cooked eggs may be added after pouring $^1/_3$ the aspic. After the aspic sets, add another layer of sliced eggs, cover with more aspic and jell. Before serving, unmould and garnish with parsley leaves, sliced cucumbers, plain or red cabbage salad. Pass a sauce of horseradish and vinegar or horseradish and sour cream, and mustard.

Jellied Fried Beef

500 g meat (boned)
600 g jelly
50 g champignons
100 g mayonnaise
50 g mustard
Lemon juice
Greens
Bay leaf
Salt
Pepper
Vegetables

Wash a whole piece of meat. Put it in a ceramic basin, add lemon juice, pepper, salt, a bay leaf, chopped parsley and celery. Cover with a lid and set aside in a cool place for 2 or 3 hours to marinate. Then stir-fry the meat in the pan and put into an oven until done. Cool the meat and cut into portions. Prepare the jelly as directed in the recipe for jellied zander. Pour the mayonnaise over the pieces of meat. Decorate the meat with vegetables. Pour the jelly in layers allowing each layer to congeal before adding the next. Garnish with boiled champignons and finely diced jelly. Serve mustard or mayonnaise.

Minced Ham with Cream

200 g ham
50 g butter
3 tblsps cream
1 cucumber
Paprika
Greens

Put the ham through a mincer two or three times and combine with the cream beaten stiff and melted butter. Mix to blend. Put the mixture in a decorating bag and squeeze out on pieces of bread, giving each portion various shapes.

Liver Paste-and-Butter Roll

400 g veal or beef liver
80 g salt pork
6 tblsps butter
2 carrots
3 onions
Greens
Salt to taste
Pepper

Render the diced salt pork in a hot frying pan and add the finely chopped carrots and onions. When lightly browned, add the pieces of liver sprinkled with salt and pepper and fry until done. Remove from heat and cool. Put the liver, vegetables and pork through the mincer two or three times, combine with creamed butter and taste to correct seasoning. Spread the paste evenly over the layer of butter (on the oiled paper) and roll it up. Decorate the roll with butter and greens. Slice the roll crosswise and serve.

Salad Dressing

Mayonnaise and Sour Cream Dressing

1 1/4 cupsful (250 g) mayonnaise
150 g sour cream
1 tsp Yuzhny or Lyubitelsky sauce[1]
(optional)
Salt, pepper
Sugar

Combine the mayonnaise with thick chilled sour cream, add pepper, salt and sugar to taste. Mix until smooth. If desired, Yuzhny or Lyubitelsky sauce may be added.

Mayonnaise and Gherkin Dressing

1 1/2 cupsful (300 g) mayonnaise
1 tblsp Yuzhny sauce[1]
100 g gherkins or mixed pickles

Chop the gherkins or pickles, squeeze lightly and mix with the mayonnaise. Add the Yuzhny sauce and mix to blend thoroughly. Serve with cold roast beef, veal, lamb, boiled meat or hot fried crumbed fish.

Mayonnaise and Greens

100 g mayonnaise
2 tblsps spinach puree
5 g tarragon
10 g parsley
5 g dill
1 tsp mustard
1 tsp sugar
1 tblsp Yuzhny sauce[1]

Parboil the spinach, tarragon, parsley and dill for 2-3 minutes. Cool, sift and combine with mayonnaise, add 1 tblsp Yuzhny sauce, sugar, mustard and blend. Serve with cold boiled fish or fried crumbed fish.

Sour Cream and Vinegar Dressing

I

1/4 cupful sour cream
1/4 cupful vinegar
1 tsp powdered sugar
Salt and pepper

Thoroughly blend the sour cream, salt, pepper, vinegar and sugar.

II

1/2 cupful sour cream
1 or 1/2 tblsp vinegar
Sugar to taste

Thoroughly blend the ingredients.

Oil and Vinegar Dressing

I

1/4 cupful vinegar
1-2 tblsps vegetable oil
1/2 tsp powdered sugar
Salt and pepper to taste

Thoroughly blend the ingredients. Use immediately.

II

2 tblsps vinegar
4-5 tblsps vegetable oil
1 tsp powdered sugar
Salt and pepper to taste

Blend the ingredients thoroughly.

Mustard Dressing

4 tblsps vegetable oil
4 tsps prepared mustard
4 tblsps 3% vinegar
1 tsp sugar
Salt and pepper to taste

Blend the mustard, salt, sugar and ground pepper with the vegetable oil then add the vinegar. Stir until thoroughly blended.

Hot Snacks

These may be briefly defined as miniature main course dishes minus the garnishing. They may consist of meat or fish, mushrooms in sour cream, pirozhki[6], pirogi[7], kulebyaki[8] or rasstegayi[2], with almost any kind of filling, and numerous other savouries.

Forcemeat Cakes in Sour Cream

Prepare the meat as directed in the recipe for forcemeat cutlets, shape into round cakes 3 to 4 cm in diameter. Dredge with flour and fry in a deep skillet. Pour sour cream over and simmer for 5 to 7 minutes. Before serving pour over the sauce and sprinkle with finely chopped greens.

Meat and Herring Forcemeat Pudding (Forshmak)

250 g boiled or roast meat (beef, veal, lamb or fowl)
1/2 herring
2 or 3 boiled potatoes
1 onion
1 tsp vegetable oil
1 1/2 tblsps butter
2 or 3 tblsps thick sour cream
2 or 3 eggs
1 tblsp grated cheese
Salt
Pepper

Put the boiled or roast beef, veal or lamb and the fillet of soaked herring through a fine mincer. Mash the potatoes and mix with onion sautéed in oil. Combine the ingredients and blend. Add the creamed butter and sour cream and put through the mincer again. Add the raw egg yolks, salt and pepper to taste and mix; carefully fold in the egg whites beaten stiff. Transfer to a buttered pan and smooth the top. Sprinkle with grated cheese and melted butter. Bake for 30 to 40 minutes at about 150 °C (270 °F) or until the forshmak shrinks and leaves the sides of the pan. Serve on a platter with red sauce or sour cream poured over. The sauce may also be passed in a sauceboat.

SOUPS

summer borshch

It is doubtful whether any kitchen in the world can claim a variety of soups as large as that known in Russian cooking. Through the centuries the assortment of traditional Russian soups has undergone little change and in the dinner menu the term "first course" still means soup. The word itself appeared in the Russian vocabulary in the time of Peter the Great when it was used in reference to foreign liquid dishes. Russian dishes of this type were called pokhlebka. The classification of traditional Russian soups, as known today, has been traced back to 16th and 17th century annals. And today as in those times they are shchi (cabbage soup), borshch (beet soup), rassolnik (cucumber pickle and brine soup), ukha (fresh-water fish soup); solyanka was originally applied to any food eaten by the peasantry. Today solyanka denotes a savoury, tart food in which sauerkraut or pickled cucumbers are one of the main ingredients.

Reinforced Soups

Reinforced soups are made with a meat, fish, mushroom or vegetable stock.

The vegetables used should be pared and cut to conform in size and shape with the other ingredients. For instance, the roots for a potato soup with cereal should be finely diced; for a noodle soup they should be cut in strips. The cabbage for shchi is usually shredded with a knife.

Tomato puree and fresh tomatoes are used in most reinforced soups, but they are not used in rassolnik, green shchi and soups containing sorrel or spinach. The vegetables will retain their flavour and fragrance if they are sautéed in a small amount of fat; do not allow them to become dark.

The vegetables may be cut in any shape but they must all be of the same thickness. The more finely the vegetables are cut the more easily the fat extracts the colouring matter (of carrots in particular) and the aromatic volatile oils of the onion. Each vegetable and the tomato puree should be sautéed separately in vegetable oil or boiled butter. The layer of vegetables in the frying pan should be not more than 30 mm (about $^1/_6$ of an inch) thick, otherwise they will steam instead of fry and the volatile oils will escape. To preserve the volatile oils in the sliced onion, it is sufficient to mix it with the melted fat.

Put the carrots in the pan first and when they are slightly browned add the onion and mix it with the carrot. In a few minutes add the parsley or celery. Fry the vegetables stirring from time to time until they are soft but not brown. The sauerkraut added to shchi will be tastier if stewed beforehand.

Pearl barley, peas, beans and lentils will cook quicker if they are soaked: soak pearl barley for 2-3 hours and legumes for 4 to 6 hours. Do not soak split peas. Pearl barley soup sometimes acquires an unpleasant bluish colour. To prevent this, cook the pearl barley separately until nearly done, drain and then add to the soup.

The ingredients must be added to the soup in a definite order so that they are all done at the same time. The sequence to be observed is given in the respective recipes. A little pepper, bay leaf or other spices make some soups more savoury; the taste of other soups is improved by thickening them with flour.

The thickening is made by rubbing together flour and butter (1 tblsp flour: 1 tblsp butter). Stir continuously and brown it over low heat (5 to 10 minutes); stir in a little stock and then pour the thickening into the soup. Cook the soup for another 10 to 15 minutes. Browning the flour eliminates the moisture it may contain and also the specific undesirable flavour and smell of moist flour. For such soups as green shchi the flour may be browned together with the root vegetables.

The flavour and nutritive value of vegetable soups can be improved by adding milk, cream, sour cream or sour milk. The addition of chopped aromatic herbs will improve the flavour and appearance of the soups. They also add vitamine C. Since vitamine C is highly volatile, vegetable soups should be cooked as close as possible to the serving time. Remember that three hours after cabbage or potato soup has been cooked, only half the original amount of vitamine C is left.

A two-day supply of soup stock kept in the refrigerator will simplify soup making, and make it easier to vary your menu. Fresh frozen vegetables are great time savers in soup making. Pour a little hot soup stock over these vegetables and stew them until they are tender. Stir in tomato puree which has been heated with a little fat; then add the hot stock and bring to a boil.

Meat Stock

Any grade of meat, including the thick flank, shank or hock may be used to make the stock for soups, shchi[28] and borshch[17] (500 g meat, $2^1/_2$ to 3 litres water). Wash the meat in a stream of cold water, crack the bones and put the meat and bones in a saucepan. Add the cold water, cover the saucepan with a lid and rapidly bring to a boil. Turn down the heat, skim and remove the fat. Carrots, turnips, parsley root and onion may be added. Except for the onion, these vegetables may be served in the soup. Boil gently for $1^1/_2$ hours and then add salt to taste. When the meat is tender, remove it to another saucepan and strain the stock.

Bone Stock

The nutritive value and flavour of bone stock is inferior to that of meat stock since bones do not contain meat extracts. Bones contain mainly gelatinous matter and fat and therefore the stock is chiefly used for potato soups. Make this stock with the bones left after the meat has been cut away for the main course (cutlets, fricassee, etc.). For each 500 g of bones use 1 carrot, 1 parsley root, 1 onion and $2^1/_2$ to 3 litres cold water. Wash and chop up the bones as small as possible. Cover with water and cook as directed for meat stock. Do not allow it to boil rapidly. From time to

time skim the fat and waste matter. Cook for 2 hours keeping covered; add the vegetables and salt. Cook for another $^1/_2$ or 1 hour and then strain.

Quick Meat Stock

500 g meat	1 onion
1 carrot	1 parsley or celery root
$1^1/_2$ to 2 litres water	Salt to taste

The most inexpensive cuts of meat may be used. Wash and put the meat through the mincer; chop up the bones. Pour cold water over the meat and bones and set aside for 20-30 minutes. Cook without changing the water. Clean and cut the vegetables and add half to the stock. Slightly sauté the remaining vegetables before adding to the stock. Cook for 20 minutes then add salt. Boil gently for another 30-40 minutes, then strain and use as plain bouillon. The meat may be used as filling for pirozhki[6] or meat zapekanka[21].

Fish Stock

500-600 g fish	1 onion
1 to $2^1/_2$ litres water	1 parsley root

Use either small white fish (zander, bass, etc.) or red fish (sturgeon, sevruga, beluga, salmon, etc.). White fish stock is made as follows:

Clean and trim the fish. Place the whole fish and trimmings in a saucepan and cover with cold water. Boil gently for 25-30 minutes. Remove the fish. Cook the head and other trimmings for another 15-20 minutes. The fish meat may be served in the fish soup or as the main course. Fish stock may be made of trimmings or small fish. Use the fish fillet for the main course. Chop up the bones, remove the gills from the head, add the fins and tail; wash thoroughly, pour over cold water or cold spiced liquor (see below). Add the greens and parsley root, celery, onion, carrot, bay leaf and peppercorns. Bring to a boil and skim. Turn down the heat and boil gently for about one hour removing the scum and fat from time to time. Should the scum settle to the bottom of the pot, add one cupful of cold water; most of the scum will then rise to the top and the stock will become clear.

If the fish stock is allowed to boil rapidly or too long, it will not be clear and acquire a fatty taste and unpleasant flavour.

When the fish has a specific undesirable smell and taste, cook it in spiced stock and add pickled cucumber brine (200-300 g per litre of water) or the peelings of pickled cucumbers; this will reduce the "fishy" smell and taste. Instead of brine a little vinegar may be used. In this case the flesh acquires a pleasant colour.

Spiced Liquor

1 litre cold water	1 carrot
$1^1/_2$ tsps salt	1 onion
2-3 peppercorns	1 parsley or celery root
1 bay leaf	

Boil the above ingredients gently for 5-7 minutes. Cool liquor before cooking fish in it.

Strain the fish stock and use it to make soups, sauces and solyanka[20]. If the stock is to be used in the future to make sauce or aspic, it should be salted very slightly.

Cabbage Soup (Shchi[28])

300 g meat
800 g plain cabbage
200 g vegetable roots and onion
200 g tomatoes
Pepper, salt and bay leaf
Flour for thickening
Potatoes (optional)
2 tblsps butter

Cook the meat in $1^1/_2$ litres water for $1^1/_2$ to 2 hours to make a stock. Remove the meat. Clean, slice and brown the roots and onion. Strain the stock onto the roots and onion. Add the meat and shredded cabbage. Cook for 25 to 30 minutes. Add pepper, bay leaf and salt to taste. Cook for another 5 to 10 minutes.

If desired, potatoes may be added after the cabbage has been cooked for 10 to 15 minutes. Add sliced tomatoes at the end and cook together with the condiment. If made without potatoes, thicken the shchi with browned flour.

Cabbage Sprout Shchi

300 g meat
800 g cabbage sprouts
200 g vegetable roots and onion
2 tblsps butter
1 tblsp flour
Sour cream
Chopped dill or parsley

Prepare $1^1/_2$ litres meat stock. Pare and slice the root vegetables and onions; sauté in butter in the soup kettle. Discard the roots of the sprouts and cut the leaves into two or three pieces. Wash, scald and drain in a strainer. Pour cold water over, drain and add to the vegetables. Add meat stock, bay leaf, pepper and salt. Cook for 25 to 30 minutes. Put a piece of meat in each plate. Top with a teaspoonful of sour cream and sprinkle with chopped dill or parsley before serving.

Summer Shchi with Potatoes

300 g meat
500 g early cabbage
2 or 3 carrots
1 parsley root
1 or 2 onions
500 g potatoes
200 g tomatoes
Salt to taste
Chopped dill or parsley

Prepare $1^1/_2$ litres meat stock. Add the scraped and sliced carrots and parsley root, onion and cabbage, the cabbage cores cut into 4 to 6 chunks and whole potatoes. Boil for 15-20 minutes. Salt to taste. Add tomatoes cut in quarters. Bring to a boil. Serve immediately, putting a piece of cabbage core, 2 or 3 potatoes and a piece of tomato into each plate and sprinkling with chopped dill or parsley.

Spinach and Sorrel Soup

300 g meat
500 g spinach (or nettles)
200 g sorrel
1 carrot
1 onion
1 parsley root
1 tblsp flour
2 tblsps butter
Salt, pepper, bay leaf
Sour cream
Hard-cooked eggs

Make a meat stock with $1^1/_2$ litres water. Wash the spinach thoroughly and parboil

in water. Drain and sift. Wash the sorrel and cut up the large leaves. Sauté the diced roots and onion in butter in the soup kettle. Add the flour and brown for another 1 or 2 minutes. Add the spinach puree and stir. Gradually pour in the meat stock.
Add bay leaf and pepper. Cook for 10 to 15 minutes. Add the sorrel leaves and salt. Cook for 5 to 10 minutes more. Before serving put half a hard-cooked egg and a teaspoonful of sour cream in each plate.

Summer Borshch[17]

1 bunch of early beets	Salt, pepper, cloves
1-4 potatoes	Bay leaf
1 carrot	Sour cream, cold
1-2 tomatoes	scalded milk or sour
50-75 g green onions	milk
1 stalk of celery	1 1/2 litres water or
200 g marrow	mushroom stock

Shoestring the beetroots and carrot and cook in boiling water or mushroom stock for 10 to 15 minutes. Add the beet leaves and stems which have been cut into pieces 2 to 3 cm long and scalded, the marrow, tomatoes, potatoes, green onions, celery, a bay leaf and condiments. Cook until the vegetables are tender. Add sour cream, scalded milk or sour milk before serving.

Beetroot Soup

500 g meat	40 g butter
400 g beetroots	25 g flour
1 onion	25 g vinegar (9%)

Make a meat stock. Shred the beetroots, add the onion, which has been finely chopped, and stir-fry in butter until done. Sauté the flour, add several tablespoonsful stock, mix to blend and boil till the mixture thickens. Combine the beetroots and flour with the hot stock, add the vinegar and bring to a boil.

Ukrainian Borshch

500g meat	20 g salt pork
400 g cabbage	1 tblsp butter
400 g potatoes	4 cloves of garlic
250 g beets	2 tblsps 3% vinegar
1/2 cupful tomato puree	or 1 tblsp lemon juice
1/2 cupful sour cream	1 tblsp flour
1 carrot	Bay leaf, allspice,
1 parsley root	peppercorns, salt
1 onion	Chopped parsley

Prepare the meat stock and strain. Shoestring the vegetable roots. Separately stew the beets for 20 to 30 minutes, add fat, tomato puree, vinegar and stock (bread kvass[14] may be substituted). Stir-fry the roots and onion in butter, add flour, stir in a little stock and bring to a boil. Add to the prepared stock the chunks of potato and shredded cabbage. Bring to a boil and add the stewed beetroot. Salt to taste. Cook for another 15 minutes and then add the sautéed vegetables, the flour rubbed together with butter and browned, and condiments. Cook until the potatoes and cabbage are tender. Add garlic cloves rubbed together with the salt pork and tomatoes cut into quarters. Quickly bring to a boil. Remove from heat and set aside for 15 to 20 minutes. Top each plate

with a spoonful of sour cream. Sprinkle with the chopped parsley.

Mushroom Borshch with Prunes

Follow the directions for plain borshch substituting mushroom stock for meat stock. Wash 200 g of prunes and add them to the sautéed vegetables. Pour in the mushroom stock and cook for 25 to 30 minutes.

Sorrel Soup

300 g meat
400 g sorrel
200 g vegetable roots and onion
2 tblsps butter
2 tblsps flour
Salt
Eggs
Sour cream
Chopped dill or parsley

Prepare a meat stock with $1^1/_2$ litres water. Clean and finely dice the vegetable roots and onion. Slightly sauté the vegetables in the butter or drippings. Sprinkle with flour and brown. Wash the sorrel, add a little water, cover and simmer separately for 10 minutes. Drain and sift through a sieve. Add browned vegetables, stock and salt; stir and cook for 15 to 20 minutes. Serve with soft-boiled egg in each plate. Top with a spoonful of sour cream and sprinkle with the chopped dill or parsley. If served with meat, put half a hard-cooked egg in each plate.

Pickled Cucumber Soup (Rassolnik)

500 g beef kidney
2 pickled cucumbers
2 parsley roots
1 celery stalk
1 onion
4 potatoes
2 tblsps butter
100 g sorrel or lettuce
Pickle brine
Sour cream or cream
Chopped dill or parsley
Salt to taste

Core and skin the kidney. Cut each kidney into 3 or 4 pieces, wash, cover with water and bring to a boil. Drain, wash the kidney again, cover with cold water and cook for 1 to $1^1/_2$ hours. Clean and shoestring the vegetable roots and onion and sauté in butter in the soup kettle. Remove from heat. Peel, slice and cook the pickles separately. Cut the potatoes into chunks and add to the vegetables. Pour in the strained stock and simmer for 20-25 minutes. Add the pickles and strained pickle brine (for savouriness) and shredded sorrel (or lettuce). Salt to taste. Cook for 5 to 10 minutes. Before serving put pieces of kidney and a spoonful of sour cream or cream in each plate. Sprinkle with the chopped parsley or dill.

Rassolnik may also be made with meat or chicken stock and served with pieces of veal, lamb or chicken. Giblets of any domestic fowl (goose, duck, turkey, chicken) may be used instead of kidneys.

Rassolnik[22], Old Russian Manner

300 g beef
50 g mushrooms (dry)
150 g kidney
20 g carrots
20 g onions
200 g pickled cucumbers
Parsley
Salt to taste

Prepare the beef kidney as directed in the recipe for pickled cucumber soup (rassolnik). Make a meat and kidney stock. Shoestring

the vegetable roots and onion, sauté in butter and add to the stock together with the mushrooms and sliced pickles. For savouriness strained pickle brine may be added. Before serving put the sliced meat and kidney in each plate and top with a spoonful of sour cream.

Pokhlebka[32], Old Moscow Manner

200 g meat bones
100 g ham
100 g chicken (boned)
100 g veal (boned)
100 g fresh mushrooms (edible boletus)
1 carrot
1 2 celery roots
3-4 potatoes
4 cloves of garlic
1 tblsp tomato puree
2 tblsps butter
Chopped dill
1 onion
Bay leaf
Salt, pepper to taste

Make a stock with the bones and pour in small crocks, add small pieces of the raw veal, chicken (boned), diced potatoes and bring to a boil.
Fry the mushrooms and passivate the vegetable roots and tomato puree, mix and put into the crocks together with the diced ham. Season with salt and pepper. Cook until done. Add sour cream, crushed garlic and chopped dill. Serve in the crocks.

Caullflower Soup

800 g cauliflower
1 carrot
1 stalk of celery
1½ litres meat stock
1½ to 2 tblsps rice (optional)
1 or 2 parsley roots
Salt to taste

Wash and cut or break up the flower clusters, scrape and slice the carrot. Add to the strained meat stock. Add the celery. Salt to taste. If desired, add rice. Cook for 20 to 30 minutes. Remove the selery a few minutes before the soup is done. Serve with pirozhki[6] or pirogi[7] with meat filling.

Brussels Sprouts Soup

600 g Brussels sprouts
6-7 cupsful mushroom stock (or hot water)
3-4 potatoes
2 tblsps butter
½ cupful sour cream
Salt to taste

Cut the heads from the stem and clean. Parboil 2 minutes and drain, sauté slightly in butter. Add mushroom stock (see below) or hot water. Add sliced potatoes and salt to taste. Cook for 20 to 30 minutes. Top each plate with a spoonful of sour cream. Serve immediately.

Mushroom Stock

50 g dried mushrooms
2-3 litres water
1 onion

Wash the mushrooms in warm water. Clean and cut the onion in half. Add cold water, bring to a boil and simmer for 2 to 2½ hours. To reduce cooking time, soak the mushrooms in cold water 1 to 2 hours and cook in the same water until tender. Strain. Rinse the mushrooms in cold water, drain and shred. Put the shredded mushrooms in each plate before serving.

Vegetable Soup with Meat Stock

300 g meat
500 g potatoes
200 g cabbage
200 g tomatoes
200 g vegetable roots and onion
1 1/2 litres water
2 tblsps butter
100 g lettuce or spinach
Pepper, salt, bay leaf
Sour cream

Prepare a meat stock. Clean and slice the root vegetables and onion; brown slightly in butter in a soup kettle. Add the cabbage and the stock. Bring to a boil, add the diced potatoes and cook for 20 to 25 minutes. Shred the spinach or lettuce, slice the tomatoes and add together with a bay leaf. Add pepper and salt to taste. Top each plate with a spoonful of sour cream.

Vegetable Soup with Mushroom Stock

Use a mushroom stock instead of meat stock in the above recipe.

Plain Vegetable Soup

Substitute a vegetable stock for the meat stock in the above recipe.

Vegetable Soup with Roast Meat

300 g meat (boned)
100 g onion
100 g carrots
50 g parsley and celery
100 g green peas
Salt to taste

Trim the meat and cut into 40-50 g pieces. Chop the onion and stir-fry in butter. Add the meat and brown on both sides over high heat. Add water or meat stock to cover, simmer until half done then transfer to a soup kettle, pour over water (or meat stock), add the carrot, parsley root and celery. Separately cook vegetable roots, green peas, asparagus and put into each plate. Serve with pirozhki[6].

Tomato Soup with Meat Stock

300 g meat
400 g tomatoes
1 onion
1 carrot
Salt to taste

Prepare a meat stock. Slice the tomatoes crosswise, add butter, a little stock and simmer for 30 minutes pouring in meat stock from time to time. Rub through a sieve and pour over the stock. Put the diced meat in each plate. Serve with croutons or rice cooked separately.

Potato Soup

300 g meat
800 g potatoes
200 g vegetable roots and onion
1 1/2 litres water
2 tblsps butter
Salt, pepper, bay leaf
Chopped dill or parsley

Prepare a meat stock. Pare and slice the vegetable roots and onion. Sauté in butter or drippings. Add to the boiling stock together with the diced potatoes and sautéed vegetables. Add a bay leaf; salt and pepper to taste. Cook for 25 to 30 minutes. Before serving sprinkle each plate with chopped dill or parsley.

Potato Soup with Mushroom Stock

Substitute a mushroom stock for the meat stock in the above recipe. Put shredded mushrooms in each plate before serving.

Potato Soup with Fish

300 g fish
1 kg potatoes
4 tblsps cereal (optional)
1 carrot (100 g)
2 bay leaves
Parsley or celery
2 onions (100 g)
2 tblsps vegetable oil
4 tsps tomato puree
5-6 peppercorns
1 1/2 litres water

Prepare a fish stock as directed. When ready, remove fish from the stock.
Dice the potatoes and add them to the boiling fish stock. Bring to a boil again and add the sautéed chopped onion, carrot, parsley root and tomato puree. Bring to a boil and add the peppercorns, bay leaves and salt to taste. Cook till the vegetables are tender. Remove the bay leaves and peppercorns. Serve with a piece of fish in each plate and sprinkled with herbs.

Potato Soup with Fresh Mushrooms

300 g mushrooms
800 g potatoes
200 g vegetable roots and onion
2 tblsps butter
Salt, pepper, bay leaf
Sour cream
Chopped green onions and dill

Clean and wash edible boletus or butter mushrooms (the latter should be peeled). Chop up the stems and sauté in butter. Separately stir-fry the chopped vegetable roots and onion. Slice the mushroom caps, blanch, add water to cover. Cook for 40 minutes. Add diced potatoes, mushroom stems, vegetables, and a bay leaf. Salt and pepper to taste. Simmer for 20 to 25 minutes. Top each plate with a spoonful of sour cream and sprinkle with chopped green onions and dill.

Veal and Mushroom Soup

800 g veal
16 medium-size potatoes
6 edible boletus or 20 champignons
4 onions
Celery, parsley, dill
4 carrots
1/2 litre kvass[14]
2 tblsps vegetable oil
Salt to taste

Wash the meat, pour over cold water and cook over low heat for 30 minutes, then add salt, mushrooms and potatoes. When the potatoes are almost done, noodles may be added if desired. After cooking for another 10-15 minutes, add the kvass[14] and the carrot and onion which have been chopped and sautéed in vegetable oil. Cook for another 5-10 minutes. Before serving sprinkle with finely chopped herbs and drop in the pepper. Cultured (meadow) mushrooms should be peeled immediately before cooking. Drop them in cold water so that they do not turn dark. Dried mushrooms may be substituted. Rinse the mushrooms in warm water, then soak them in cold water for 1-2 hours. Remove the mushrooms from the water, slice them and return to the soup kettle, put the veal in it and cook together with the mushrooms.

Chanterelle Mushroom Soup

500 g chanterelle mushrooms
100 g salt pork
1 onion
3 litres water
1 tsp flour
2 tblsps sour cream
Salt, pepper

Dice and render the salt pork and sauté sliced onion in it for 10 minutes. Wash mushrooms and add to the onion; sauté for another 45 minutes. Add water and salt. Simmer for 30 minutes. Blend flour and sour cream to thicken the soup. Add pepper and salt to taste.

Potato and Vermicelli Soup

500 g meat
100 g vermicelli
500 g potatoes
1 1/2 litres water
200 g vegetable roots and onion
2 tblsps butter
Salt, pepper, bay leaf

Prepare a meat stock. Shred the vegetable roots and onion; sauté in butter. Cut up the potatoes and add to the boiling meat stock together with the browned vegetables. Simmer for 15 minutes, then add the vermicelli and a bay leaf. Add salt and pepper to taste. Cook for 12 to 15 minutes.

Potato Soup with Sturgeon Head

1 kg head of sturgeon or similar fish
800 g potatoes
2 tblsps butter
200 g vegetable roots and onion
Salt, pepper, bay leaf
Chopped dill or parsley

Cook the fish head as directed in the recipe for sauerkraut shchi with fish head. Clean and slice the vegetable roots and onion, sauté in butter. Pare and dice the potatoes and add to the boiling fish stock. Add the slightly browned vegetables and a bay leaf. Add salt and pepper to taste. Cook for 25 to 30 minutes. Sprinkle chopped dill or parsley in each plate.

Potato Soup with Pearl Barley

300 g meat
1/2 cupful pearl barley
500 g potatoes
200 g vegetable roots and onion
2 tblsps butter
Salt, pepper
Bay leaf
Chopped dill or parsley

While the stock is cooking, soak the pearl barley in 1/2 cupful of cold water and set aside to swell for 2 hours. Drain the pearl barley and add to the stock. Boil gently for 10 to 15 minutes, then add the diced potatoes. Sauté the vegetable roots and onion in the butter and add to the stock. Cook until tender. Add a bay leaf, salt and pepper to taste. Before serving sprinkle with chopped dill or parsley.

Potato Soup with Rice, Millet or Mannacroup[9]

Cook as directed in the recipe for potato soup with pearl barley. If rice or millet are used, do not soak. Add mannacroup[9] after cooking the other ingredients for 10 to 15 minutes.

Noodles Cooked in Broth (Lapsha)

500g meat (or chicken)
150 g noodles
1 carrot
1 parsley root
1 onion
2 tblsps butter
Salt, pepper, bay leaf
Chopped dill or parsley

Prepare a meat or chicken stock. Clean and shred the vegetables and onion; sauté slightly in butter. Add to the strained stock and bring to a boil. Add the noodles (see below). Add a bay leaf; salt and pepper to taste. Bring to a boil and cook for 15 to 20 minutes. Before serving sprinkle with chopped dill or parsley.

Noodles

1 cupful flour
1 egg
2 tblsps water
1/3 tsp salt

Break the egg into a small mixing bowl, beat slightly and add water. Stir in salt. Gradually work in flour to make a heavy dough. Turn onto a dough board, knead slightly. Roll into thin sheets 5-6 cm wide. Sprinkle with flour, cover and let stand for 30 minutes or more to dry. Roll up and cut into thin strips with a sharp knife.

Dried Pea Soup

500 g meat, ham or bacon
250 g dried peas
200 g vegetable roots
2 tblsps butter
Salt
Croutons
Onion

Soak the peas in cold water for 4-5 hours. Prepare a meat stock and strain. Drain the peas and cook in the stock for 1 1/2 hours. Wash, clean and dice the vegetables, stir-fry in butter and add to the soup 15 to 20 minutes before serving. Salt to taste. Instead of meat, ham or bacon may be used. Serve with croutons.

Kidney Bean Soup

1 1/2 cupsful kidney beans
1 or 2 onions
50 g shelled walnuts
1/2 tblsp flour
2 litres water
2 tblsps butter
Paprika to taste
1 tsp salt
Chopped parsley

Wash the beans and cook in 2 litres cold water. Bring to a boil and skim. Simmer for 1 1/2 hours. Brown the chopped onion in butter, add the paprika and flour and brown for another 1 or 2 minutes. Add to the beans along with the crushed or ground walnuts. Salt to taste. Cook for another 15 to 20 minutes. Before serving sprinkle with the chopped parsley.

Tart Meat Solyanka[20]

500 g meat for stock
300 g any boiled or roast meat
4 pickled cucumbers
2 onions
2 tblsps tomato puree
100 g sour cream
1/4 lemon
1 tblsp capers
3 tblsps butter
Olives
Bay leaf
Salt to taste
Chopped parsley or dill

Prepare a soup stock. Slice the onion and sauté in butter, add the tomato puree, a little stock and braise. Peel the pickles, cut in half, slice and boil for 20-25 minutes. Dice the meat (boiled or roast beef, ham, veal, kidneys, tongue, sausages or sausage meat) and add to the onion together with the cooked pickles, capers and a bay leaf. Add the stock and boil gently for 5 to 10 minutes. If desired, sliced tomatoes, may be added. Salt to taste. Put an olive, 1/4 slice of lemon (peeled) in each plate and top with a spoonful of sour cream. Sprinkle with chopped parsley or dill.

Tart Fish Solyanka[20]

500g fish
4 or 5 pickled cucumbers
1 or 2 onions
2 or 3 tomatoes or
2 tblsps tomato puree
1 tblsp capers
Olives
2 tblsps butter
Bay leaf, salt, pepper
1/4 lemon
Chopped parsley or dill

Sturgeon, sevruga, beluga or sterlet are best for this soup but any fish that is not small and bony can be used. Cut the fillet to have 2 or 3 pieces per plate. Make a fish stock with the bones and head. Clean, slice and slightly brown the onion in butter in the soup kettle. Add the tomato puree and simmer for 5 or 6 minutes, then add the pieces of fish, sliced cooked pickles, capers, a bay leaf, dash of pepper. Stir in hot fish stock, add salt to taste, and simmer for 10 to 15 minutes. Put an olive and a quarter slice of lemon (peeled) in each plate. Sprinkle with the chopped parsley or dill.

Georgian Mutton Soup (Chikhirtma)

500 g mutton
2 onions
1 tblsp flour
1 tblsp butter
2 eggs
1/2 tsp saffron
2 tblsps grape vinegar
Kindza[10]
Salt
Pepper

Wash the mutton in cold water. Cut so as to have 3 or 4 pieces per plate. Bring to a boil and skim. Remove the mutton when tender; strain the stock through a cheesecloth. Chop the onion, sauté in butter, sprinkle with flour and brown.

Return the mutton to the stock, thicken with browned flour and onion. Add saffron, salt and pepper to taste. Bring to a boil. Separately boil the light grape vinegar, add it to the soup, bring to a boil again and remove from heat. Beat the egg yolks, combine with a little of stock and then stir into the soup; heat but do not bring to the boiling point otherwise the yolk will curdle. Sprinkle with kindza[10] and serve immediately. Chicken may be substituted for mutton.

Georgian Beef Soup (Kharcho)

500 g brisket
2 onions
2 or 3 cloves of garlic
2 tblsps tomato puree or 100 g tomatoes
1/2 cupful rice
1/2 cupful tart plums
Salt, pepper
Butter or drippings
Chopped kindza[10]
Parsley or dill

Wash and cut the meat so as to have 3 or 4 pieces per plate. Cover with cold water, bring to a boil and skim. Simmer for $1^1/_2$ to 2 hours, add finely sliced onion, crushed garlic, rice and plums. Add salt and pepper to taste. Simmer for 25 minutes. Sauté tomatoes or tomato puree in butter or drippings. Add to the kharcho and cook for another 5 to 10 minutes. Serve sprinkled with chopped kindza[10], parsley or dill.
Mutton may be substituted for beef.

Turkmenian Mutton Soup (Shurpa)

500 g mutton
750 g potatoes
3 onions
3 carrots
3 tblsps tomato puree
2 tblsps butter or drippings
Salt
Pepper

Prepare a mutton stock. Slice the onions and sauté in the butter or drippings. Cut the meat into 25- to 30-g pieces, sear in a soup kettle, add the browned onions, diced carrots and tomato puree; brown for another 5 to 6 minutes. Pour the stock over the meat and other ingredients and bring to a boil. Add chunks of potato. Salt and pepper to taste. Cook for 15 to 20 minutes.

Armenian Mutton Soup (Bozbash)

500 g mutton
1 cupful split peas
500 g potatoes
3 apples
3 onions
2 tblsps tomato puree
2 tblsps butter
Salt
Pepper
Chopped parsley

Wash and cut the mutton into 20- to 40-g pieces. Add water to cover and salt. Cover the kettle with a lid and simmer. Pick and wash the peas, add 2 or 3 cupsful of cold water and bring to a boil. Cook over low heat for 1 to $1^1/_2$ hours. Bone the mutton. Add the peas to the meat. Strain and add the mutton broth, the finely sliced onion sautéed in butter, the potatoes and apples cut into chunks and the tomato puree. Salt and pepper to taste. Cover and simmer for 20 to 25 minutes. Serve sprinkled with the chopped parsley.

Clear Soups and Broths

The foundation of all clear soups is a broth made of beef, wildfowl or chicken. The accompaniments, such as rice, eggs, kletski[11], vermicelli and various vegetables are generally cooked separately and put in the plate just before service.

Beef Broth

500 g beef (rump or shank)
1 carrot
1 parsley or celery root
1 onion
$1^1/_2$ to 2 litres water
Salt to taste

Wash the meat and add cold water to cover. Cover the saucepan with a lid. Bring to a boil

and skim. Simmer for $1^1/_2$ hours then add half the vegetable roots and onion. Brown the remaining vegetables and onion in a hot dry skillet and add to the broth. Salt to taste. A clear broth cooks from 2 to $2^1/_2$ hours. Remove the meat when tender. Cool the broth and skim off the fat; strain through a fine cheesecloth. The broth may be additionally clarified as follows:

Put 300 g ground meat in a separate saucepan and combine with a beaten egg white and one cupful of stock. Set aside for 20-30 minutes. Heat the strained broth but do not boil. Add the clarifier, raw celery and the carrot and onion which have been browned without fat. Simmer for 30-40 minutes. When the clarifier curdles and settles, carefully strain the broth. Serve with croutons or pirozhki[6]. This broth may be used to make a clear soup.

Wildfowl Broth

1 pheasant (1 heath-cook or 4 hazel-hens)
1 carrot
1 parsley
1 onion
1 or 2 celery stocks (or several slices of celeriac)
Salt
2 or 3 litres water

This broth may be made when the cooked fowl meat is needed for salad or any other dish, or to use the bones and sundries left after boning fowls. Chop up the bones and sundries. Add the carrot, parsley and onion browned in a dry skillet. Then add celery (or celeriac) and water. Bring to a boil and skim; simmer for about an hour. Add salt to taste just before removing from heat; strain.

Chicken Broth

1 chicken (1 kg)
1 carrot
1 parsley
1 onion
$2^1/_2$ to 3 litres water

Wipe the chicken dry and singe over a spirit or gas flame. Chop off neck and feet; remove the giblets and wash thoroughly. Clean out and remove lining of the gizzard. Scald the feet, remove the skin and chop off the claws. Scald the head. Carefully cut the gall away from the liver. Wash the giblets thoroughly. Make two slashes in the skin just below the breast and fit the ends of the drum-sticks into them. Bend the ends of the wings back over the spine.

Place the bird and giblets in a soup kettle, add cleaned and cut vegetables and cover with cold water. Bring to a boil, skim and then cover with a lid. A chicken cooks from 1 to 2 hours depending on its size and age. Try the leg with a fork: if tender, remove the bird and giblets. Strain the broth.

Soup with Wildfowl Balls

200 g forcemeat from wildfowl or poultry
50 g milk
30 g butter
70 g dry white bread
Salt to taste
1 g nutmeg
2 egg yolks
100 g canned green peas
100 g boiled rice

Make a meat broth with 1 1/2 to 2 litres water. Bone the roast wildfowl (or poultry) and put the meat through a mincer. Add the bread which has been soaked in milk and squeezed dry, the melted butter, egg yolks, nutmeg and salt to taste. Mix together carefully. Divide the mixture and roll into balls (20 to 30 grams each). Put into hot salt water and cook. When done transfer into plates, add the canned green peas, boiled rice and pour over hot broth. Sprinkle with chopped parsley and serve.

Broth with Drop Dumplings (Kletski)

When the meat or chicken broth is nearly ready, prepare the batter for kletski (see lower). Drop pieces of batter into the broth with a teaspoon that has been dipped in water. Cook for 1 or 2 minutes after the dumplings rise to the top. A batter made with 1/2 cupful of flour, mannacroup or 3 potatoes will be sufficient for 2 litres broth.

Boiled Batter Kletski

1/2 cupful flour or mannacroup[9]
2 tblsps butter
2 eggs
1/2 tsp salt
1/3 cupful broth

Bring the broth, butter and salt to a boil, stir in the flour (mannacroup). Mix steadily with a whisk. Cook for 1 or 2 minutes if flour is used, and for 5 to 6 minutes if mannacroup is used. Remove from heat, add eggs and mix thoroughly.

Plain Batter Kletski

1/2 cupful flour
1 egg
1/2 tblsp butter
1/4 cupful broth
1/2 tsp salt

Mix the broth, butter, egg and salt. Stir in the flour and beat until smooth.

Potato Kletski

3 potatoes
3 to 4 tblsps flour
2 eggs
1/2 tsp salt

Pare and boil the potatoes, press through a strainer. Add raw egg yolks and mix thoroughly. Fold in whites of eggs beaten stiff.

Broth with Pelmeni[29]

Put the pelmeni in boiling broth and continue to boil until all the pelmeni rise to the surface. This will take about 10 minutes. Pelmeni may be made as follows (for 1 1/2 litres of broth):

Filling

300 to 400 g meat
1 or 2 onions
1/2 tsp salt
Pepper
2 tblsps cold water

A filling made with equal amounts of beef and pork is the best. Put the meat through the mincer twice together with the onion. Add 2 tablespoonsful of cold water, salt and pepper. Mix thoroughly.

Dough

1 1/2 cupsful flour	1/4 cupful water
1 egg	Salt

Sift the flour and salt. Heap it on the moulding board, make a hollow in the centre, pour in the egg and water beaten together and knead into a stiff dough. Roll out thin (about 0.1 cm) and cut into 5 or 6 cm rounds. Put a ball of meat filling on one half of the round, moisten the edges with beaten egg and fold over into a half moon. Pinch the edges. Before laying the pelmeni in the broth, dip them in hot salt water for a few seconds to wash off the extra flour.

Serve the broth sprinkled with chopped parsley or dill.

Broth with Cake Bread

2 to 2 1/2 litres broth	2 or 3 eggs
100 g flour	1/2 cupful water
3 tblsps butter	Salt

Heat the water, butter and salt in a saucepan. As soon as it begins to boil stir in the flour and beat steadily with a whisk for 1 or 2 minutes. Remove from heat, cool slightly, add the eggs one at a time and beat. Mix until the batter is smooth. With a teaspoon or a dough bag with a 1/2 cm tube drop pieces of batter half the size of a hazelnut onto a greased cookie sheet. Bake for 10 to 15 minutes at 200 °C (360 °F). When baked, the cake breads should be dry and two and a half times their original bulk. Put the cake breads in each plate of broth and serve immediately.

Broth with Vegetables and Rice

1 1/2 litres clear broth	50 g string beans or green peas in pods
1 carrot	1 tblsp butter
1 onion	3 tblsps rice or pearl barley
1 turnip	Chopped parsley
1 parsley root	
50 g sorrel	

Scrape and dice the vegetable roots. Sauté slightly in a saucepan and add 2 cupsful bouillon. Cover with a lid, simmer for 5 to 10 minutes, add the pods of peas or string beans which have been cut up. Simmer for another 10 minutes and add the sorrel which has also been cut up. Simmer for 2 or 3 minutes. Salt to taste.

Cook the rice separately. Put cooked rice and vegetables into each plate, pour in the bouillon, sprinkle with the chopped parsley and serve.

Broth with Baked Rice

1 1/2 litres clear broth	1 tblsp dry bread crumbs
1/2 cupful rice	Salt
2 eggs	50 g cheese, grated
2 tblsps butter	

Boil the rice in salt water until tender. Drain thoroughly in a sieve or strainer. Add raw eggs, 1 tblsp butter, half the grated cheese and salt and mix thoroughly. Pour into a well-greased baking pan sprinkled with bread crumbs. Level the top with a knife, sprinkle with the remaining grated cheese and melted butter. Bake for 15 to 20 minutes at 150 °C

(270 °F). Cool the baked rice slightly, turn out onto a board. Put a piece into each plate of meat or chicken broth (see above).

Broth with Custard

Prepare 1 1/2 litres broth.

Custard

1/8 cupful milk
1 tblsp butter
4 eggs
Salt
Parsley leaves (optional)
150 g spinach or 15 g tomato paste (optional)

Break the eggs into a mixing bowl and beat well with a whisk. Add salt. Beating continuously, gradually add the cold milk or broth. Strain into well-oiled custard cups or one large mould, cover and steam in a hot water bath until the custard sets (10 to 15 minutes for custard cups and 30 to 40 minutes for a large mould). Keep the water in the bath close to boiling point. Cool slightly (10 to 15 minutes) and unmould. If the custard is made in a large mould, cut into squares after unmoulding. Serve the broth with a piece of custard in each plate.
Before serving, parsley leaves may be added to the broth.

Spinach or Tomato Custard

Substitute 150 g cooked or fresh spinach for the milk in the above recipe. If fresh spinach is used, wash, stew and sift it before adding.
Instead of spinach 15 g tomato paste may be used.

Broth with Meat Balls

1 1/2 litres clear broth
200 g beef (boned)
2 tblsps cold water
Salt
Pepper
Chopped parsley

Force the meat through the mincer two or three times. Add salt, pepper and cold water and mix thoroughly. Roll into balls about the size of a large hazelnut. Cook in a saucepan in a small amount of broth. Put 8 to 10 meat balls in each plate, pour over broth and sprinkle with chopped parsley.
Forcemeat balls may also be made of veal or lamb. If lamb is used, cut away all fat and substitute a little butter.

Broth with Chicken Drop Dumplings

1 1/2 litres clear broth
100 g chicken meat
1 egg white
1/4 cupful milk
1 slice white bread
Salt
Chopped parsley

Mince the chicken meat, add egg white, bread, which has been soaked in milk and squeezed, and salt to taste. Mix thoroughly and force through the mincer again, once or twice. Add milk a tablespoonful at a time mixing continuously to blend. Beat with a paddle and sift through a strainer. With a spoon drop little balls into hot salt water. When cooked, the dumplings will rise to the

top. Put dumplings in each plate. Pour over broth and sprinkle with chopped parsley before serving.

Fish Soup (Ukha[5])

1 kg fish	1 stalk of celery
1 onion	2½ to 3 litres
1 leek	water
1 parsley root	Salt to taste

Sterlet or fresh-water perch are best for ukha, but zander and various small fish (except tench) may also be used. The soup will be stronger if the scales are not scraped from such small fish as ruff and perch. Remove the intestines or viscera and wash thoroughly. Remove the gills of perch. Add the cleaned vegetables, salt and pour water to cover. Simmer for 40 to 60 minutes, strain. Clarify the stock as it has been directed in the recipe for jellied zander.

Strain carefully. Serve with a piece of fish in each plate. Pass kulebyaka[8] or rasstegay[2].

Cream Soups

All cream soups are served with white bread croutons browned in the oven or fried in butter. Pirozhki[6] with a meat or cabbage and egg filling may be served with meat or vegetable cream soups; rasstegay[2] with a viziga[3] or fish filling may be served with fish cream soup.

Cream of Potato Soup

1 kg potatoes	Garnishing: 2 egg
2 to 3 cupsful milk	yolks
3 tblsps butter	¾ cupful milk
3 leeks	Salt to taste

Clean, wash and cut up the leeks; brown slightly in butter, then add washed pared and sliced potatoes. Salt and boil in 5 cupsful of water for 25 to 30 minutes. Sift the potatoes and stock through a strainer, stir in hot milk. Before serving garnish with butter or thicken with egg yolks and milk that have been blended in a separate bowl. Pass croutons.

Cream of Pumpkin Soup

800 g pumpkin	4 or 5 cupsful milk
150 g croutons or	3 tblsps butter
2 tblsps flour	2 tsps sugar
300 g potatoes	Salt to taste

Pare, wash and slice the pumpkin and potatoes. Cook in 3 or 4 cupsful of water. Add salt, sugar and a tablespoonful of butter. Simmer for 25 to 30 minutes. Add croutons (fried in butter or toasted), stir and bring to a boil. Sift and rub through a sieve. Add hot milk until it is the thickness of cream. Top with butter.

This soup may also be made as follows:

Cut up the pumpkin and cook in 2 cupsful of water. In a separate saucepan blend 2 tblsps flour and 2 tblsps butter, brown slightly, then stir in 4 cupsful of milk and 2 cupsful of water. Bring to a boil and combine with the pumpkin. Cook for 15 to 20 minutes. Sift the soup

and rub through a sieve; add salt to taste. Stir in 1 to 2 cupsful of hot milk and butter. Pass croutons separately.

Cream of Carrot Soup

800 g carrots
1/2 cupful rice
3 tblsps butter
2 cupsful milk
1 tsp sugar
1 tsp salt

Scrape, wash and slice the carrots. Simmer for 5-10 minutes in 1/4 cupful of water; add salt and sugar. Add washed rice and 5 cupsful of water. Cover with a lid and cook over low heat for 40 to 50 minutes. Sift the soup and rub through a sieve. Reserve 2 tablespoonsful cooked rice (without carrot) for garnishing.
Blend the puree with hot milk; add salt to taste. Before serving, season with butter and add the rice reserved for garnishing. Pass croutons.

Cream of String Bean Soup

600 to 700 g fresh or canned string beans
3 tblsps butter
500 g potatoes
2 cupsful milk
Salt to taste
Croutons

Wash the fresh string beans and remove the strings. Cut about a quarter of them into diamonds. Put the rest through the mincer. Pare, wash and cut the potatoes. Add the chopped string beans, salt, 1 or 2 tablespoonsful butter, and 4 or 5 cupsful hot water. Cook covered. When the potatoes are tender sift through a sieve. Blend the puree with hot milk; add the butter. Garnish with the chopped string beans which have been cooked separately. Pass croutons.
If canned string beans are used, reserve part of them for garnishing, add the remainder (including juice) to the potatoes and continue as directed above.

Cream of Cauliflower Soup

600 g fresh or canned cauliflower (or 750 g plain cabbage)
500 g potatoes
2 cupsful milk
3 tblsps butter
Salt

Reserve one quarter of the small flower clusters for garnishing; cook them separately in salt water. Cook the rest of the cauliflower and pared and sliced potatoes for 25 to 30 minutes in 4 cupsful of water to which 2 teaspoonsful salt have been added. Rub through a sieve and stir in the hot milk. Garnish with cream or butter and the flower clusters cooked separately. Pass croutons.
If canned cauliflower is used, cook the soup for 10 to 15 minutes.

Cream of Cabbage Soup

Discard the bad leaves; wash the cabbage. Cook for 15 to 20 minutes and then add the potatoes, and proceed as directed above.

Cream of Vegetable Soup

150 g carrots
150 g turnips
200 g potatoes
100 g leek
3/4 cupful rice
100 g peas
3 tblsps butter
2 cupsful milk
Salt to taste
Croutons

Wash and finely chop the carrots, turnips and white portion of the leek. Add 2 tblsps of butter and braise for 10 to 15 minutes. Stir in 4 cupsful of water, add pared and sliced potatoes and washed rice. Cover with a lid and cook over low heat for 30 to 35 minutes. Strain and rub through a sieve. Stir in 2 cupsful of hot milk, add salt to taste and butter. Serve garnished with fresh or canned peas. Pass croutons.

Lettuce Cream Soup

800 g lettuce
3 tblsps butter
2 tblsps flour
5 to 6 cupsful milk
1 cupful cream
Salt to taste

Wash the lettuce leaves and dip into boiling water for 1 or 2 minutes. Drain in a strainer and then put through a fine mincer. In a separate saucepan sauté the flour using 2 tablespoonsful of butter; gradually stir in 5 to 6 cupsful of hot milk. Bring to a boil and blend with the lettuce. Cook for 15 to 20 minutes. Add salt to taste and butter. Stir in another cupful of hot milk or cream. Separately serve croutons.

Mushroom Cream Soup

600 g fresh mushrooms
2 tblsps flour
4 cupsful milk
4 tblsps butter
1 carrot
1 onion
2 egg yolks
1 cupful cream or milk (additional)
Salt to taste

Champignon (common meadow mushroom), morel and edible boletus are preferred. Clean and wash the mushrooms. Pass them through the mincer. Put the carrot cut in half lengthwise and the whole onion into a saucepan, add one tablespoonful of butter and simmer covered with a lid for 40 to 45 minutes. Add one cupful of water. Bring to a boil. In a separate saucepan blend 2 tablespoonsful of flour with 2 tablespoonsful of butter. Stir in 4 cupsful of hot milk and 1 cupful of vegetable stock or water. Bring to a boil. Add the braised mushrooms (remove the carrot and onion). Cook for 15 to 20 minutes. Add salt to taste. Garnish with butter and the egg yolks blended with cream or milk (and heated to 70 °C (126 °F) in the top part of a double boiler). Serve croutons separately.

Pea Cream Soup

1 can or 800 g fresh frozen green peas
3 tblsps butter
2 tblsps flour
2 egg yolks
4 cupsful milk
Salt
Water

Rub the canned or cooked fresh peas through a sieve. (Reserve 2 or 3 tablespoonsful of whole peas for garnishing.) Stir in milk sauce made as follows. Blend the flour and 2 tablespoonsful of butter and stir in hot milk. Simmer for 10 to 15 minutes, strain and add hot water. Add salt to taste and egg yolks blended with cream or milk and heated to 70 °C (126 °F) in the top part of a double boiler. Before serving add a tablespoonful of butter

and garnish with 2 or 3 tablespoonsful of whole peas. Serve croutons separately.

Dried Bean Cream Soup

400 g dried beans
1 carrot
1 onion
2 cloves
2 cupsful milk
4-5 cupsful water
Salt
4 tblsps butter
Croutons

Wash and soak the beans in cold water for 5-6 hours. Drain and then add water to cover (4-5 cupsful). Add the carrot cut in half and the whole onion into which the cloves have been inserted. Cover and simmer for 40 to 50 minutes. Remove the carrot and onion. Strain the stock and rub the beans through a sieve. Stir in the hot milk; add salt to taste. Serve garnished with butter. Pass croutons on a separate plate.

Liver Cream Soup

400 g veal or beef liver
500-600 g meat for stock
4 tblsps butter
2 tblsps flour
1 carrot
1 parsley root
1 leek
2 egg yolks
1 cupful cream or milk
Salt

Peel the skin off the liver and remove any gall ducts. Cut the liver into small chunks and sauté slightly in 2 tablespoonsful of butter together with the thinly sliced carrot, parsley and leek, add $^1/_2$ cupful of water or stock, cover and simmer for 30 to 40 minutes. Pass the liver through the mincer 2 or 3 times and then rub through a sieve. In a separate saucepan, make a white stock sauce by blending 2 tablespoonsful of flour and 2 tablespoonsful of butter; stir in 4 cupsful of stock, simmer for 20-30 minutes and then strain. Stir in the sifted liver and bring to a boil. If the soup is too thick, add stock. Combine slightly beaten egg yolks with hot cream or milk; heat in a heavy saucepan but do not boil. Before serving garnish the soup with this mixture. Separately pass small croutons.

Cream of Cucumber Soup

500 g cucumbers
20 g onion
100 g ham
600 g meat bones for stock
300 g cream
Salt to taste

Peel the cucumbers, remove the seeds. Slice half of the cucumbers crosswise and boil in salt water. Drain and chill. Put the rest of the cucumbers together with the ham and onion in a soup kettle. Pour over the stock which has been made with the bones and simmer until done. Remove the cucumbers, press through a sieve and return to the stock. Add the cream. Sprinkle with chopped parsley or dill, add the boiled cucumbers and serve.

Chicken Cream Soup with Rice

400 g chicken, boned and skinned
80 g rice
40 g butter
2 raw egg yolks
200 g dry wine
Salt to taste

Make a broth with the fowl, then bone and skin it. Pass the meat through a mincer two

or three times and then rub through a sieve adding 2 or 3 tablespoonsful of cold broth. Boil the rice in salt water until tender; drain and press through a sieve. Mix the meat and rice together.

Combine the melted butter with egg yolks and add to the meat and rice. Pour over the broth, blend, heat to 70°C (125°F) stirring constantly. Before serving add dry wine. Serve with croutons.

Wildfowl Cream Soup

1 pheasant or grouse (2 hazel hens or partridges)
500 to 600 g meat for stock
4 tblsps butter
2 tblsps flour
1 carrot
1 parsley
1 leek
2 eggs
1 cupful cream or milk
Salt to taste

Make a meat stock. Prepare the fowl. Brown it and braise for 20 to 30 minutes in the meat stock along with carrot, parsley and leek; when tender, bone the fowl. Reserve the breast meat for garnishing. Pass the rest of the meat through the mincer 2 or 3 times. Add 2 or 3 tablespoonsful of cold meat stock, mix and rub through a strainer. From here follow the directions for chicken cream soup.

Fish Cream Soup

750 g fish (carp, navaga, cod, zander, salmon, smelt, etc.)
2 tblsps flour
4 tblsps butter
2 cupsful milk
1 carrot
1 parsley root
2 onions
Salt to taste
1 raw egg yolk

Clean, wash and fillet the fish. Make a fish stock with the bones, vegetable roots and one onion. In a separate saucepan braise the fish which has been cut into pieces and the onion chopped fine in 2 tablespoonsful of butter. Blend flour with 2 tablespoonsful of butter and stir in 4 cupsful of fish stock. Bring to a boil and add the fish. Simmer for 15 to 20 minutes. Strain and rub the ingredients through a sieve. Cool the soup slightly. Beat the egg yolk and combine with hot milk. Add this mixture to the soup. Salt to taste. Garnish with butter and pieces of fish or fish balls. (Reserve 100 g of fish for fish balls.) Pass croutons separately.

Crabmeat Cream Soup

1 can crabmeat
4 tblsps butter
2 tblsps flour
1 cupful stock or water
4 cupsful milk
2 egg yolks
1 cupful cream or milk
Salt to taste

Reserve several large pieces of crabmeat for garnishing. Pass the rest through a mincer. Put the crabmeat and one cupful of stock or water in a saucepan. Simmer for 5 to 10 minutes. In a separate saucepan blend the flour with 2 tablespoonsful of butter and stir in hot milk. Bring to a boil. Add the crabmeat and simmer for 15-20 minutes, then rub through a sieve. Add salt to taste and butter. Beat the egg yolks and combine with the cream which has been heated (do not boil) in a heavy saucepan. Stir this mixture into the soup. Add the diced crabmeat reserved for garnishing. Serve croutons separately.

Milk Soups

Milk soups are simple to make. Fresh or canned milk may be used. Use a heavy saucepan and cook over low heat to avoid burning. Foodstuffs of vegetable origin cook longer when boiled in milk. To save time, first cook them in salt water until almost tender then add to the milk.

Milk Soup with Rice

1 litre milk
4 tblsps rice
1 tblsp butter
1 tsp sugar
Salt to taste

Wash and drain the rice. Boil in salt water till almost soft then drain and add to the boiling milk. When the rice is soft, add salt and sugar to taste. Add the butter just before serving.

Milk Soup with Noodles

1 litre milk
50 g noodles or vermicelli
1 tblsp butter
1 tsp sugar
Salt to taste

Bring the milk to a boil. Add the noodles, salt and sugar. Simmer for 20 to 25 minutes. Add the butter just before serving. If vermicelli is substituted for noodles, cook for 12 to 15 minutes.

For home-made noodles see the recipe for noodles cooked in broth. Cook for 15 to 20 minutes.

Milk Soup with Baked Rice

1 litre milk
3 tblsps rice
1 egg
1 tblsp butter
25 g cheese
2 tsps dried bread crumbs
Salt to taste

Make baked rice as directed in the recipe for broth with baked rice. Put pieces of baked rice in plates and pour over boiling milk.

Milk Soup with Cinnamon

800 g milk
120 g rice
80 g butter
2 raw eggs
10 g cinnamon
Salt, sugar to taste

Boil the milk several times, then add the rice and cook until done. Stir in the eggs and butter. Salt and sugar to taste. Serve sprinkled with cinnamon.

Milk Soup with Meat Puree

100 g rice
500 g milk
2 egg yolks
25 g butter
300 g boiled meat
Salt to taste

Boil the rice and rub it through a sieve together with the water in which it has been cooked.

Cook the meat until tender, trim and remove fat. Pass through a mincer five or six times. Stir in the hot sifted rice, dredge with salt and bring to a boil. Then let cool a little.

Beat the egg yolks and stir in hot milk, heat the mixture but do not boil. Season the soup with this mixture, add butter and serve immediately.

Milk Soup with Apples

6 cupsful milk
1 kg apples
40 g sugar
2 egg yolks
Cinnamon

Pare and dice the apples, put into a soup kettle, add the sugar, a little water and a dash of cinnamon. Cook until done. Separately boil the milk and stir in the egg yolks, heat but do not boil.
Cool and combine with the chilled apples.

Milk Soup with Crabmeat and Rice

6 cupsful milk
1 can crabmeat
150 g rice
25 g butter
20 g granulated sugar

Yield: 5 portions

Parboil the rice, add the hot milk, crabmeat, crabmeat juice, mix and cook until done.

Milk Soup with Bilberry

500 g fresh or 250 g dried bilberries
25 g potato flour
100 g granulated sugar
150 g milk or cream
Citric acid

Look over the berries, wash and pour in hot water, add citric acid and boil over low heat for 20 minutes. Strain the liquor and press the berries through a sieve, combine and add the sugar. Bring to a boil and stir in the dissolved potato flour (see the recipe for kissel). Heat but do not boil. Chill before serving.
Dried berries are to be covered with cold water and boiled for 30 minutes. Then prepare the soup as directed above. Before serving add the milk or cream.

Fruit and Berry Soups

Cherry Soup with Poached Dumplings (Vareniki[13])

600 g cherries
1 cupful flour
2 eggs
Salt to taste
1/2 cupful sugar

Divide and pit the cherries. Boil the cherry pits in 4 or 5 cupsful of water, strain. Add the sugar and crushed cherries and then strain. Make a dough as directed in the recipe for pelmeni. Roll out thin and cut rounds. Put 1 or 2 stoned cherries on each round and fold over into a half moon. Pinch the edges. Cook the vareniki for 5 to 10 minutes in the hot cherry stock and serve at once.

Cherry Soup with Rice

300 g cherries
4 or 5 tblsps rice
1/2 cupful sugar

Wash and stone the cherries. Boil the pits in 4 or 5 cupsful of hot water. Add the sugar, bring to a boil and strain. Cook the rice till half done, drain and add to the cherry stock. Cook until the rice is soft, add the stoned cherries and boil 5 minutes longer.

Cranberry and Apple Soup

300 g cranberries
500 g apples
1 cupful sugar
1 tblsp potato flour

Pick, wash and crush the berries in an enameled saucepan. Squeeze out the juice. Pour 5 cupsful of boiling water over the skins, stir, cover with a lid and let stand for 10-15 minutes. Strain the liquor through a cheesecloth; add the sugar, pared and sliced apples and bring to a boil. Pour in the potato flour which has been mixed with 5 tablespoonsful of water and boil for 2-3 minutes. Cool to 60°C (100°F) and carefully stir in the cranberry juice.

Currant and Peach Soup

300 g black or red currants
500 g peaches
1 cupful sugar
1 tblsp potato flour

Follow the directions for cranberry and apple soup. Before slicing the peaches remove the pits.

Oatmeal and Prune Soup

1/2 cupful oatmeal
2 tblsps butter
200 g prunes
1/4 cupful sugar
Salt to taste

Wash the oatmeal with cold water and pour in 2 litres hot water. Add 1 tablespoonful of butter, salt to taste, and cook until the oatmeal is done. Rub the oatmeal through a strainer and add another spoonful of butter. Stone the prunes, cover with water, add 1/4 cupful sugar and cook. When the prunes are soft, stir in the cooked oatmeal. Bring to a boil and serve.

Apricot and Apple Soup

500 g fresh ripe apricots
500 g apples
3 tblsps sugar
2 tsps potato flour

Wash and stone the apricots. Add 2 cupsful of water and simmer until soft. Rub through a sieve or strainer. To this puree add 3 cupsful of hot water, sugar and apples which have been pared and sliced or cut into strips. Bring to a boil and, stirring constantly, add the potato flour which has been combined with 3 tblsps of cold water. Bring to a boil. If desired, lemon juice may be added.

Fresh Berry Puree

500 g berries
1/2 cupful sugar
150 g vanilla rusks
1/2 cupful sour cream

Wash and drain the berries (strawberries, wild strawberries, raspberries). Rub them through a sieve. Add sugar to 2 cupsful of boiling water. Stirring continuously, cook until sugar dissolves and then strain. Cool this syrup and combine with the berry puree. Chill before serving. Pass sour cream and vanilla rusks.

Apricot Puree

400 g ripe apricots
1/2 cupful sugar
1 tblsp potato flour
1/2 cupful rice
4 tblsps sour cream

Wash the apricots and cook in 6 cupsful of water, then rub through a sieve together with the stock. (Canned apricot puree may be used instead of fresh fruit.) Add the sugar to the puree and bring to a boil. Stir in the potato flour which has been mixed with $^1/_2$ cupful of cold water.
Bring to a boil, remove from heat and chill. Boil the rice until done, drain and add to the puree. Garnish with sour cream or cream.

Peach Puree

Substitute peaches for apricots in the above recipe.

Mixed Dried Fruit Soup

200 g mixed dried fruit	100 g rice, sago or paste
50 g potato flour	$^1/_2$ cupful sugar
Cinnamon	Sour cream

Wash the mixed dried fruit, add water to cover and cook until tender. Add sugar and a dash of cinnamon. Cook over low heat for 10 to 15 minutes. Stir in the potato flour combined with 1 cupful of cold water and bring to a boil. This soup may be garnished with boiled rice, sago or paste. Put a spoonful of sour cream in each plate before serving.

Dried Fruit Soup with Macaroni

200 g mixed dried fruit	Cloves
$^1/_2$ cupful sugar	100 g macaroni
Cinnamon	$^1/_2$ cupful sour cream

Wash the mixed dried fruit. Cover with 3 litres of cold water and set aside for 2 to 3 hours. Add $^1/_2$ cupful of sugar, a dash of cinnamon and cloves. Cover with a lid and cook over high heat for 10 minutes then set on the hob. When the fruit is soft, remove from the range and cool. Separately cook the macaroni in salt water until tender. Drain and wash off with boiled water. Put the macaroni in a tureen and mix with the sour cream. Pour the fruit stock over the macaroni.

Fruit Soup Garnished with Paste or Cereal

Prepare a fruit or berry soup as directed above. Separately cook one of the following for garnishing.
1. Vermicelli (or rice) boiled in water. Drain in a sieve and add to the soup after removing it from heat.
2. Small-sized vareniki[13] (flour or manna-croup kletski[11]) cooked in water and added to the soup after chilling it.
This soup is served cold. Sour cream may be passed separately.

Apple Puree

500 g apples	2 tblsps rice
200 g white bread	Lemon rind or stick of cinnamon
$^1/_2$ cupful sugar	

Antonovka, a tart apple, is best. Wash, pare and slice the apples. Add white bread (without crust) and a piece of lemon rind or a few pieces of stick cinnamon. Add 4 cupsful of hot water, cover with a lid and cook until the

apples are mushy. Remove from heat, take out the lemon rind or cinnamon and rub the apples through a sieve. Add sugar and hot water until the puree is like heavy sour cream. Bring to a boil. Cook the rice separately. Serve the puree with a spoonful of rice in each plate and sour cream if desired.

Currant or Cranberry Soup with Mannacroup[9]

100 g currants or 200 g cranberries	1 cupful milk
2 tblsps mannacroup[9]	$^1/_2$ cupful sugar

Stem, wash and crush the berries with a wooden spoon. Stir in 4 or 5 cupsful water; add sugar. Bring to a boil, strain and cool. Cook the mannacroup in the milk and pour into a plate that has been wet with water. Chill and cut into squares or diamonds. Put pieces in each plate and pour over the berry liquor.

Chilled Soups Made with Bread Kvass[14] or Beet Broth

Bread kvass[14] or beet broth are the foundation for okroshka[15], botvinnya[16] and borshch[17]. The ingredients of these soups must be chilled. A piece of ice may be put into each plate. Like the fruit and berry soups, iced okroshka, botvinnya and borshch are especially good in spring and summer.

Cold Kvass[14] Soup with Vegetables (Okroshka)

1 litre bread kvass[14]	2 hard-cooked eggs
1 or 2 potatoes	2 tblsps sour cream
1 carrot	1 tsp sugar
1 or 2 cucumbers	1 tsp mustard
50 to 75 g green onions	Salt to taste
	Chopped dill

Dice the cooked and chilled carrot and the cucumber. Grate the boiled potato. Finely chop the green onions, sprinkle with salt and rub with a spoon until soft and juice appears. Separate the egg whites from the yolk. Chop up the egg withes. Rub together the egg yolks and a little mustard. Mix the green onions, potato, yolks, sugar and salt. Stir in the kvass. Add the cucumber, carrot and egg whites. Sprinkle each plate with chopped dill. Garnish with a spoonful of sour cream.

Boiled turnip or cauliflower may be substituted for the carrot.

Cold Kvass[14] Soup

400g sauerkraut	30 g horseradish
50 g green onions	Hard-cooked eggs
50 g dill	70 g sour cream
100 g pickled mushrooms	$1^1/_2$ l kvass
200 g fresh cucumbers	Sugar, salt

Mix the chopped greens and the sauerkraut (if too sour, wash and drain). Add chopped pickled mushrooms, diced fresh cucumbers, chopped hard-cooked eggs and the grated horseradish. Pour over the kvass. Sugar and salt to taste. Serve with the sour cream.

Cold Fish-and-Vegetable Soup (Botvinnya[16])

1 litre kvass[14]
250 g spinach
250 g sorrel
1 tsp sugar
75 g green onions
50 g horseradish
250 g fish (sturgeon, zander, etc.)
Dill
2 cucumbers

Wash the spinach and sorrel thoroughly. Cook the spinach in boiling water. Separately cook the sorrel in a covered saucepan. Then sift the spinach and sorrel and rub through a sieve. To this puree add sugar, salt and a little mustard. Stir in the bread kvass. Add the diced cucumbers, chopped green onions and dill. Before serving, put a little grated horseradish and a piece of boiled fish in each plate. If desired, the fish may be passed separately. Botvinnya may also be served with cured fillet of whitefish, fillet of beluga or dried salt whitefish. Young nettles may be substituted for spinach.

Cold Beet Soup (Cold Borshch)

500 g beets
200 g potatoes
2 cucumbers
75 g green onions
2 hard-cooked eggs
2 tblsps sour cream
1 tsp sugar
Vinegar
Dill or parsley
Salt, mustard

Peel and dice the beets, add boiling water (2 cupsful per plate) and 1 teaspoonful of vinegar. Simmer for 20 to 30 minutes. Strain the beet broth and chill. Put the beets in a saucepan, add the diced boiled potatoes and cucumber, chopped eggs and chopped green onions, salt, sugar and mustard. Stir in the chilled beet broth. Add the sour cream and combine thoroughly. Before serving sprinkle each plate with chopped parsley or dill.

Sorrel and Beet Top Soup

500 g beet tops
100 g sorrel
2 cucumbers
75 g green onions
150 g radishes
$^1/_2$ cupful sour cream
1 tsp mustard
2 hard-cooked eggs
Salt to taste
Dill

Wash the beet tops. Add 1$^1/_2$ litres hot water. Simmer for 10 to 15 minutes. Add the washed sorrel and simmer for another 10 minutes. Remove the greens with a skimmer. Pass them through a sieve. Stir into the strained and cooled broth. Cut up the cucumbers, green onions and radishes, dill and hard-cooked eggs. Add sour cream and mustard. Combine with the cooled broth into which the greens have been stirred and mix carefully.

Chilled Beet Soup

1$^1/_2$ litres bread kvass[14]
500 g young beets with tops
2 cucumbers
75 g green onions
2 hard-cooked eggs
2 tblsps sour cream
1 tsp sugar
1 tsp salt
Chopped parsley or dill

Wash the young beets and tops. Peel the beetroots, add 1 litre water and simmer for 10 to 20 minutes. Add the beet tops and cook for another 10 minutes. Strain the broth. Chop the beets and tops fine. Add sliced cucumbers, eggs, green onions, sour cream, sugar, and pour the kvass and chilled beet broth over. Before serving sprinkle with parsley or dill.

FISH AND SEA FOODS

sole in tomato sauce
40 g crabmeat
10 g parsley
60 g mushrooms
sole 600 g
pepper
onion 60 g
300 g sauce

Live, fresh, frozen or salt fish and ready-to-cook or ready-to-eat fish products are all easily available. Fresh frozen fillet of carp, zander, codfish, bream and other fish can be purchased in the shops. This is a great time saver and simplifies cooking immeasurably.

Thaw frozen fish or fillets in cold water so that it does not dry. After thawing wash in fresh water.

Soak salt fish in cold water to cover for 30 to 40 minutes. Remove the scales, cut the fish and then soak again for 4 to 6 hours, depending on the saltiness. Change the water every hour or two.

Methods of Cooking Fish

In cooking fish the nutritive matter of the raw product must be preserved and if possible its value should be increased while improving its flavour and digestibility.

The choice of manner of cooking is most important for the proper use of any food, fish included.

Fish should be cooked for no more than 15 to 25 minutes. Overcooking like undercooking makes fish hard to digest.

In the process of cooking, complex chemical changes take place. Part of the soluble substances such as protein, carbohydrates, mineral salts, extractives and vitamines pass from the flesh into the liquid. To prevent as much of the soluble protein as possible from passing from the fish into the water, do not add salt before the water begins to boil.

In the different methods of cooking, moisture leaves the fish (or meat) in different ways. When fish is boiled, all the moisture and nutritive matter leave the flesh in a liquid state. The soluble substances leave the fish mainly along with the water. Fish looses the greatest amount of soluble nutritive matter when it is cooked in water.

Less moisture leaves the fish when it is steamed on a rack over boiling liquid or parboiled in just enough water to half cover the fish.

The least amount of soluble substances is lost when fish is cooked in hot fat in a frying pan; when it is done it is jucier and more sapid. The little moisture that does leave the fish forms a juice. However, the greater part of this moisture evaporates and very little of the soluble substances leave the fish.

Less soluble substances will leave the fish if it is cooked in a small amount of water at a high temperature and if the pieces are not small.

If the fish to be cooked has an undesirable pungent smell, condiments and herbs should be added to the broth. The quantity and combination of spices and herbs used will depend on the natural flavour and smell of the fish.

Regardless of whether fish is boiled whole, filleted or cut into portions, it must be completely submerged in the water. A piece of fish weighing 100-150 g will require an average of 150-200 g water. Remember, if cooked in too much water, there will be a great loss of soluble substances and, consequently, the fish will be less tasty, nutritious and lack juiciness.

Boiled Fish

Almost any fish may be boiled. The less water used, the tastier the fish will be. To each litre of water add one teaspoonful of salt, $^1/_2$ carrot, parsley, 1 onion, 1 or 2 bay leaves and a dash of pepper. Slice the onion and vegetable roots. When cooking cod, sole, catfish or pike, add one half cupful of pickled cucumber brine per litre of water. This will eliminate their specific "fishiness". Pieces of fish weighing 500 g or over should be put in cold water, when cooking small fish, pour boiling water over them. When the water begins to boil, the heat is turned down and the fish simmers until tender. All fish must be well cooked. Small pieces of sturgeon, sevruga or beluga should be boiled for 20 to 30 minutes; pieces weighing over 500 g, for $1^1/_2$ hours. Zander, carp or pike weighing 1 to $1^1/_2$ kg cook for 50 to 60 minutes, while 100 to 150 g pieces cook for 15 to 20 minutes.

Test the fish with a toothpick. The fish stock may be used to make white stock sauce or tomato sauce to be served with the fish or to make soup.

Salt fish should be soaked. After soaking, drain and pour over cold water. Cook without salt.

Boiled fish may be served hot or cold. When served hot, garnish with boiled potatoes, and when served cold, garnish with Russian salad, coleslaw, pickled beets, cucumbers or green salad. Parboiled fish is cooked in a small amount of water or stock to which aromatic herbs, mushrooms, pickled cucumber brine or grape wine have been added; cover the saucepan and simmer.

Boiled Fish with Potatoes

500 g fish
800 g potatoes
200 g sauce
1 tsp salt
Chopped parsley

Cut the prepared fish (zander, pike, catfish, tench, etc.) into pieces. Separately boil whole potatoes. Place the fish on a platter, garnish with the boiled potatoes, sprinkle with chopped parsley. Separately pass egg-and-butter sauce or horseradish-and-vinegar sauce. Instead of sauce, parsley butter may be served.

Boiled Beluga, Sevruga or Sturgeon

500 g fish
800 g potatoes
1 tblsp butter
Salt, chopped parsley

Cook beluga, other sturgeon fish or catfish in large pieces and slice immediately before serving. Cover with water until about 2 cm above the fish; bring to a boil over high heat then turn the heat down, cover and simmer for 30 to 40 minutes. Cut and serve the fish garnished with buttered boiled potatoes sprinkled with chopped parsley. Pass horseradish and vinegar separately.

Boiled Zander and Vegetables

1 kg fish
1 carrot
1 beetroot
1 onion
800 g potatoes
1 tblsp butter
$^1/_2$ cupful milk
Salt, pepper, bay leaf

Prepare and cut the zander into pieces of a desired size. Clean, wash and slice the carrot, beet and onion. Pare and cut the potatoes into chunks, spread the carrot, beet and onion on the bottom of the saucepan, then put in the potatoes. Add $1^1/_2$ cupsful of water. Sprinkle the fish with salt and arrange on the vegetables. Add pepper and a bay leaf. Cover with a lid, bring to a boil and cook over low heat for an hour. Do not stir; shake the saucepan every 10 minutes to keep the vegetables from sticking to the bottom. When the fish and vegetables are almost done, add the milk and butter. Simmer for 15 to 20 minutes longer. Remove from heat and baste the fish with the sauce taken from the bottom of the saucepan. Leave the saucepan covered until service.

Fish Boiled in Oiled Paper

500 g fish (bream, zander or codfish)	1 tblsp lemon juice
1 carrot	2 tblsps butter
1 onion	Salt, pepper
	Chopped greens

Cut fillets of bream (zander or codfish) into pieces of a desired size and stand in salt water for five minutes (1 tablespoonful of salt per cupful of cold water). Drain off the water and put the fish on a sheet of buttered oil paper or foil. Combine the remaining butter, pepper, grated carrot and onion and spread over the fish. Sprinkle with lemon juice and chopped greens. Gather up the edges of the paper with a string tie like a pouch and lower into a saucepan $^2/_3$ filled with boiling water. Cook for 15 to 20 minutes over low heat. Serve with buttered boiled potatoes and fresh-salted cucumbers.

Boiled Fish with Potatoes and Salt Pork

750 g fish	10 g salt pork
800 g potatoes	Salt, pepper
1-2 onions	Chopped parsley

Dice the pork, add sliced onion and fry. Add the pared and sliced potatoes, salt, pepper and one cupful of water. Cover and simmer for 5 minutes. Cut the fish into pieces and add to the potatoes. Simmer until tender. Sprinkle with chopped parsley; serve with boiled potatoes.

Boiled Sole with Butter

500 g fish	Vinegar
800 g potatoes	Chopped parsley
2 tblsps butter	

Cut the boiled fish into pieces. Arrange on a platter with a garnishing of boiled potatoes. Dry the parsley in a towel. Heat the butter to a golden colour. Add the chopped parsley and vinegar (1 tsp for 3 or 4 portions). Before pouring the butter over the potatoes, drain off any fish stock on the bottom of the platter.

Boiled Codfish

800 g codfish	600 g boiled
200 g sauce or 40 g butter	potatoes

Cut the fish into portions with or without skin, ribs and backbone. Arrange in the boiling savoury stock (see below) in a single layer, skin upward. Cook for 12-15 minutes. Serve with a garnishing of boiled potatoes. Pour over egg sauce (or egg-and-butter sauce, tomato sauce, capers sauce, melted butter) or pass the sauce separately.

Savoury Stock

2 whole allspices
3 peppercorns
1 bay leaf
15 g carrots
15 g onions
15 g parsley or celery
Dash of thyme or savoury
15 g salt
1 l water

The strong specific flavour and smell of sea-fish (cod, sole, halibut, mackerel) or fresh-water fish (catfish, carp, tench) can be reduced by adding 200 g of cucumber pickle brine (or the peelings of pickles) to each litre of savoury stock.

Boiled Zander, Pike, Catfish or Burbot

Substitute any of these fish in the above recipe.

Pike Boiled in Brine

500 g pike
Savoury stock
200 g brine sauce
200 g pickled cucumber brine

Add the brine to the boiling savoury stock (see above). Lay the fish skin upward in a saucepan in one layer, pour over savoury stock to cover. Cook for 12-15 minutes. Garnish with boiled potatoes.

Zander Parboiled in Brine

800 g zander
300 g pickled cucumber brine
2 pickled cucumbers (about 50 g)
15-20 g dried mushrooms
120 g fishhead (sturgeon, etc.)
300 g brine sauce
600 g boiled potatoes
Chopped parsley or dill

Cut the fish into portions and parboil for 25 minutes in savoury stock (300 g per kg of fish) to which the brine has been added. Peel the pickles; cut small ones in half and large ones into quarters, remove the seeds, slice and cook. Soak the mushrooms in cold water for 2 hours then slice and cook until tender. Cut up the cartilage of the cooked sturgeon, add it to the mushrooms and cooked pickles, mix in a little hot brine sauce and set aside. Garnish the cooked fish with boiled potatoes, pickles, the cooked cartilage and mushrooms. Pour over the brine sauce made with the fish liquor, sprinkle with chopped parsley or dill.

Codfish, Pike, Catfish or Burbot Parboiled in Brine

Substitute any of these fish in the above recipe.

Parboiled Fish with Steamed Sauce

1 kg fish	600 g boiled potatoes
1 onion	$1^1/_2$ cupsful steamed
1 carrot	sauce
2 bay leaves	1 lemon
5 peppercorns	Herbs
40 g parsley	Salt to taste

Fillet the fish but do not skin. Cut into portions. Parboil in water, add salt, condiments and vegetables as directed in the recipe for boiled fish. Garnish with chunks of boiled potatoes. Pour over steamed sauce and heat. Decorate with slices of lemon and parsley greens. Pass tomato sauce separately if desired.

Catfish in Tomato Sauce with Vegetables

600 g catfish	120 g mushrooms
20 g onion	40 g crabmeat
20 g parsley	300 g sauce
20 g carrot	Salt

Cut the fillets of catfish into portions. Steam together with the onion, carrot and parsley. Use the fish stock to make the sauce. Serve garnished with boiled potatoes, mushrooms and crabmeat. Pour over tomato sauce with vegetables. Sprinkle with chopped parsley.

Zander, Pike, Codfish, Burbot, Sole, Halibut or Sturgeon in Tomato Sauce with Vegetables

Any of these fish may be substituted in the above recipe.

Stuffed Zander

400 g zander	8 crayfish tails
350 g stuffing	300 g sauce
120 g mushrooms	Salt

Cut the fillets (skinned and boned) into strips 3 to 4 cm wide and 20 to 25 cm long. Spread raw stuffing over each strip and roll it up. Put the roll in a casserole and add a little stock. Cover the casserole with oiled paper or foil and steam in the oven. Before serving, garnish with mushrooms, crayfish tails and boiled potatoes. Pour over boiled fish sauce or capers sauce.

Stuffing

1 kg filleted fish	500 g milk or cream
100 g dry white bread	4 egg whites
(without crust)	Salt to taste

Put through the mincer two or three times the skinned and boned fillets of fish and the bread which has been soaked in milk. Add the egg whites. Beat well and gradually pour in the milk or cream. Beat until light. Add salt last.

Stuffed Codfish

Substitute codfish and follow the above directions.

Boiled Sole or Halibut in Sauce

500 g sole or	40 g vegetables and
halibut	spices for savoury
200 g sauce	stock

Cut the fish into portions and boil in savoury stock. Garnish with boiled potatoes.
Serve with egg-and-butter, tomato or capers sauces, or cold horseradish and vinegar sauce.

Sole or Halibut in Tomato Sauce

500 g sole or halibut
10 g onion
10 g parsley
Boiled potatoes
40 g crabmeat
60 g mushrooms
300 g sauce
Pepper

Cut the fish into portions. Steam till tender in stock to which onion and parsley have been added. Garnish with cooked mushrooms, crabmeat and boiled potatoes. Pour over tomato sauce.

Sole or Halibut with Leek and Celery in Boiled Fish Sauce

600 g sole or halibut
100 g leek
100 g celery
40 g white wine
120 g mushrooms
40 g crabmeat
300 g boiled fish sauce
40 g butter or butter margarine
1 tsp lemon juice
Salt
Pepper

Spread the finely shredded leek and celery on the bottom of a saucepan and put in the fish cut into portions. Sprinkle with salt and pepper. Add fish stock and white wine. Cover with a lid and steam over low heat. Serve the fish and vegetables garnished with cooked mushrooms and crabmeat. Boil the stock until one half remains. Add the boiled fish sauce to the stock and bring to a boil. Add the butter and lemon juice; taste to correct seasoning. Serve the fish with sauce poured over.

Fillet of Sole or Halibut in Boiled Fish Sauce

600 g fillet of sole or halibut
20 g onion
20 g parsley
120 g mushrooms
40 g white wine
40 g crabmeat
4 oysters
320 g boiled fish sauce
1 tsp salt

Butter a saucepan and put the fish in. Add stock, white wine, onion and parsley. Cover with a lid and steam. When tender serve garnished with mushrooms, crabmeat and oysters, and boiled potatoes. Add the boiled fish sauce to the fish liquor. Bring to a boil and simmer until it is of the required thickness and taste, strain and pour over the fish.

Sole or Halibut with Apples and Leeks

600 g sole or halibut
400 g apples
80 g leek
40 g white wine
200 g sour cream or
80 g butter
Salt
Pepper

Pare and slice the apples (antonovka or any other tart apples), slice the white part of the leek. Put them in a buttered saucepan. Lay the pieces of fish on top. Sprinkle with salt and pepper. Pour in a little stock and add white wine. Steam, basting from time to time. When tender, remove the fish. Boil the stock until one half remains, add the sour

cream or butter, salt to taste. Pour over the fish

Sea Bass in Tomato Sauce

600 g fillet of sea bass
40 g carrot, onion, and parsley
4 crayfish or 40 g crabmeat
120 g mushrooms
300 g tomato sauce
1/2 lemon
Greens
Potatoes (optional)

Cut the fillet into portions and steam. Garnish with boiled potatoes, boiled mushrooms and pieces of crabmeat. Pour over tomato sauce. Put a slice of lemon on each piece of fish. Sprinkle with chopped parsley.

Codfish, Burbot, Zander, Pike or Catfish with Tomato Sauce

Substitute any of these fish in the above recipe

Stuffed Fish Cutlets in Don Manner

600 g sea bass
120 g mushrooms
120 g onion
400 g sauce
Greens
40 g vegetable fat
2 cupsful stock (or water)
Pepper, salt

Cut the filleted fish (skinned and boned) into rectangular pieces (2 pieces per portion) and pound slightly. Put some stuffing (see below) on each piece of fish, fold over and shape into a cutlet. Lay the cutlets in a buttered casserole overlapping side down. Add stock, cover with a lid and simmer over low heat. Before serving pour over white wine sauce or tomato sauce with mushrooms. Serve with a garnishing of boiled potatoes.

Stuffing

Finely chop the mushrooms and fish trimmings. Sauté slightly together with the chopped green parsley and onion. Season with salt and pepper.

Stuffed Salmon or Sole Cutlets

Substitute salmon or sole in the above recipe.

Sprat Balls and Vegetables

320 g fillets of sprat
60 g white bread
20 g flour
60 g carrot
120 g onion
40 g parsley
40 g stock (or water)
1 egg
Salt, pepper
Dill

Put the filleted sprats through the mincer twice together with the bread which has been soaked in water and squeezed dry. Add the egg, flour, salt and pepper. Mix thoroughly and shape into round balls the size of a walnut. Put a layer of finely sliced carrots, onions and parsley on the bottom of a casserole and the balls on the vegetables. Add the hot fish stock or water to cover. Season with salt and simmer for 1 to 1 1/2 hours.

Serve with the broth and vegetables and a garnishing of boiled potatoes, green peas or stewed beetroots. Sprinkle with chopped dill.

Steamed Sprat Pudding

400 g filleted sprats	60 g sour cream
60 g white bread	40 g butter or 300 g
4 eggs	sauce
50 g milk or water	Salt, pepper

Put the filleted sprats (boned) through the mincer together with the bread which has been soaked in milk and squeezed dry. Add the egg yolks, salt, pepper and sour cream. Mix thoroughly. Fold in the egg whites beaten stiff. Transfer to a buttered mould, set in a water bath and cover. Bring the water to a boil and cook for 35 to 40 minutes. Unmould and cut into portions. Serve with melted butter or tomato sauce poured over. Tomato sauce may be passed separately.

Fish Pudding (Zapekanka)

1 kg zander	2 raw eggs
50 g butter	Chopped parsley or dill
½ cupful milk	Salt to taste
125 g white bread	Sauce

Fillet and skin the fish; pass one half through a mincer together with the bread which has been soaked in milk. Boil the other half of the fish and then set aside to cool. Combine the minced fish together with the boiled one, salt and pass through the mincer. Add the butter and eggs, mix thoroughly. Butter a baking pan and dust with dry bread crumbs. Spread the mixture in the baking pan in a layer 5 cm thick and even off the top. Brush with raw egg. Bake in the oven until the top has a crust and the bottom is crisp. Cut the zapekanka into portions. Before serving pour over sour cream or tomato sauce. Sprinkle with finely chopped parsley or dill.

Herring in Tomato Sauce with Pickled Cucumbers

500 g fresh herring	400 g stock
120 g pickled	20 g flour
cucumbers	40 g butter
60 g tomato puree or	Chopped parsley
300 g fresh tomatoes	Salt, pepper

Bone the portions of filleted herring and arrange in one layer in a buttered casserole. Add thinly sliced pickles, tomato puree or fresh tomatoes (peeled, seeded and cut into small pieces). Add fish stock to cover just half the fish. Cover with a lid and simmer for 25 to 30 minutes. Carefully drain off the stock or transfer the fish to another saucepan. Make a sauce by gradually adding to the stock the flour which has been combined with equal amount of butter. Stirring continuously, heat until the sauce thickens. Add salt, pepper to taste. Strain, pour over the fish, bring to a boil. Serve together with the pickles and the sauce poured over. Garnish with boiled potatoes. Sprinkle with chopped parsley.

Boiled Salt Roach

600 g salt roach
20 g onion
20 g carrot
1 egg
300 g sauce
10 g celery
Bay leaf
10 g parsley root
Chopped green parsley

Soak (3-4 hours) and then skin the fish. Lay in a saucepan in one layer. Add cold water to cover, the bay leaf, dry or fresh parsley root, celery, carrot and onion sliced thin or shredded. Simmer for 12 to 15 minutes. Before serving pour over boiled fish sauce with chopped green parsley, hard-cooked chopped egg, butter or capers. Horseradish and vinegar sauce may be served separately instead of boiled fish sauce. Garnish with boiled or mashed potatoes.

Boiled Salt Zander, Bream, Cod or Sole

Substitute any of these fish in the above recipe.

Steamed Fish

The fish best for steaming are zander, catfish, pike, burbot, salmon, pieces of sturgeon, sevruga, beluga and sterlet. If a rack is used, cook the bones, head (without gills), tail and fins in the stock. The bones must be washed thoroughly and boiled for 40 to 50 minutes with onion and parsley and then strained. Use the fish liquor to make the sauces served with fish.

Lay the fish in one layer in a shallow pan or on the rack of a fish pan. Add salt and pepper and just enough liquor to cover $^2/_3$ of the fish. Cook covered with a lid.

Steamed Sturgeon

500 g sturgeon
200 g fresh mushrooms
3 tblsps white table wine or 1 tsp lemon juice
1 tblsp flour
2 tblsps butter
1 cupful stock (or water)
Salt
Pepper

Clean, wash and cut the fish into pieces of a desired size. Put the fish in a shallow saucepan with the mushrooms between the pieces. Sprinkle with salt and pepper. Add the wine, a cupful of stock (or water), cover with a lid and simmer for 15 to 20 minutes. When the fish is tender, drain off the liquor and boil until a cupful remains. Blend one scant tablespoonful of flour with one tablespoonful of butter and combine with the liquor. Boil for 3 to 4 minutes stirring constantly. Remove the sauce from the heat, add a piece of butter and stir until thoroughly blended. Add salt to taste, strain. If wine is not used, add lemon juice to the sauce when it is done. Arrange the fish on a heated platter, top with the mushrooms and pour over the sauce. Serve with a garnishing of boiled potatoes, cucumbers or salad, and lemon slices.

Beluga in Brine

500 g fresh beluga
2 pickled cucumbers
200 g fresh mushrooms or 100 g pickled mushrooms
1 tblsp pickle brine
1 tblsp flour
2 tblsps butter
Salt, pepper
1 1/2 cupsful stock (or water)

Prepare and cut the fish into pieces of a desired size. Peel and cut the pickles lengthwise; remove the seeds and cut each half into three pieces. Cut up the mushrooms. Put the mushrooms and pickles between the pieces of fish. Sprinkle with salt and pepper. Add 1 1/2 cupsful of stock (or water) and the brine. Cover with a lid and simmer for 15 to 25 minutes. Drain the stock into another saucepan and boil until about a cupful remains. Prepare the sauce as directed in the recipe for steamed sturgeon but do not add lemon juice. Serve on a heated platter with the mushrooms, a slice of lemon and pickles on each piece of fish. Pour over strained sauce. Garnish with boiled potatoes.

Sturgeon, Sevruga, Sterlet or Catfish in Brine

Substitute any of these fish in the above recipe.

Sevruga in Tomato Sauce with Mushrooms

500 g sevruga
200 g fresh mushrooms
3 tblsps white wine
3 tblsps tomato puree
1 tsp flour
2 tblsps butter
Salt, pepper

Cut the prepared fish into pieces of a desired size, scald and rinse in cold water. Add cut champignon or boletus mushrooms. Sprinkle with salt and pepper. Add the wine and a cupful of stock (or water) combined with the tomato puree. Cover the saucepan with a lid and simmer for 15 to 25 minutes. When the fish is tender, drain the stock into another saucepan and make the sauce as directed in the recipe for steamed sturgeon. Serve garnished with boiled potatoes and fresh-salted cucumbers.

Zander in White Wine

750 g fish or 500 g fillet of zander
1/2 cupful white wine
200 g fresh mushrooms
1 tblsp flour
1 raw egg
200 g white bread
4 tblsps butter
Salt, pepper
3/4 cupful stock (water)

Put the pieces of fish and champignon or edible boletus into a shallow saucepan. Sprinkle with salt and pepper. Add the wine and 3/4 cupful of stock (or water). Simmer for 15 to 25 minutes. Cut the crust off the bread and fry (one slice per each piece of fish). When the fish is tender, drain off the stock into another saucepan. Make the sauce as directed in the recipe for steamed sturgeon. Remove the sauce from heat, stir in the egg yolk which has been combined with a tablespoonful of butter and add salt to taste. Mix thoroughly. Serve the pieces of fish on the fried slices of bread on a heated platter. Put mushrooms on each piece of fish. Pour

the sauce over the fish. Garnish with little pieces of fried bread, asparagus, string beans or peas.

Pike with Potatoes and Onions

750 g pike
2 onions
800 g potatoes
100 g tomatoes
4 tblsps butter
Salt
Chopped parsley

Clean, wash and thinly slice the onions. Sauté slightly in butter. Add the pieces of fish which have been sprinkled with salt. Cover with the sliced tomatoes. Sprinkle with salt and pepper. Add 3 or 4 tblsps water. Slice and fry the potatoes and put them around the fish. Dot with butter. Cover the skillet with a lid. Bake for 20 to 30 minutes at 150 °C (275 °F). Before serving sprinkle with the chopped parsley.

Barbel, Sole, Codfish or Eels with Potatoes and Onions

Substitute any of these fish in the above recipe.

Sole in Red Wine

500–750 g sole
1 cupful red wine
1 tblsp flour
800 g potatoes
1 parsley root
1 cupful stock (water)
1 onion
2 tblsps butter
4 cloves
Bay leaf
Salt, pepper

Wash, clean and slice the onion and chop the parsley. Put them in a saucepan, add the cloves, a dash of pepper and a bay leaf. Put in the pieces of fish, add salt, the wine and a cupful of stock (or water). Cover and simmer for 15 to 20 minutes. When the fish is tender, drain the stock into another saucepan and make a sauce as directed in the recipe for steamed sturgeon. Serve garnished with whole boiled potatoes. Pour over the strained sauce.

Zander, Pike or Eels in Red Wine

Substitute any of these fish in the above recipe.

Canned Sturgeon in Sour Cream with Potatoes

1 can (350 g) sturgeon in tomato sauce
½ cupful sour cream
2 tblsps butter
800 g potatoes
Chopped greens

Cut the fish into pieces, put it in a shallow saucepan together with the sauce and add the sour cream. Cover with a lid and simmer for 5 or 6 minutes. Serve on a hot platter garnished with buttered boiled potatoes. Pour the sauce over the fish and sprinkle with the chopped greens. Pass cucumbers or pickles.

Canned Beluga or Sevruga in Sour Cream with Potatoes

Substitute beluga or sevruga in the above recipe.

Canned Salmon or White Salmon in White Wine

1 can (350 g) salmon, white salmon or zander in natural juice
1 cupful white wine
200 g fresh mushrooms
1 tblsp flour
200 g white bread
1 egg
4 tblsps butter
Salt to taste
800 g boiled potatoes

Put the fish in a saucepan. Add the cooked and cut mushrooms, the fish juice and white wine. Cover and heat for 5 or 6 minutes. Transfer the fish to a hot platter. Bring the stock to a boil. Stir in the flour which has been combined with a tablespoonful of butter and mix to blend. Boil for 3 to 5 minutes, then remove from heat and add the egg yolk blended with 1 to $1^1/_2$ tablespoonsful butter. Mix and add salt to taste. Strain. Before serving pour the sauce over the fish and garnish with pieces of bread fried in butter or boiled potatoes.

Steamed Fish Patties

750 g fish or 500 g filleted fish
300 g string beans
100 g white bread (without crust)
$^1/_2$ cupful milk
200 g fresh mushrooms
1 cupful white wine
1 egg
4 tblsps butter
Salt to taste

Prepare fish forcemeat (preferably zander, pike, burbot, catfish or cod) as directed in the recipe for fish cutlets. Shape into round patties and lay in a single layer in a buttered saucepan. Put the cut mushrooms into the spaces between the patties. Sprinkle with butter, pour in the white wine and add stock (made of fish bones) to cover $^3/_4$ of the patties. Cover the saucepan with a lid and simmer for 15 to 20 minutes. When done, drain the stock into another saucepan and make a white wine sauce. Separately cook the string beans and season with butter; salt to taste. Serve the patties with mushrooms. Garnish with string beans; pour over the sauce.

Stuffed Fish

1 large pike, zander, carp or bream (2-3 kg)
100 to 200 g white bread (without crust)
300 g onion
2 beets
3 carrots
1 tblsp sugar
2 eggs
1 tblsp vegetable oil
Salt
Pepper

Remove the scales and cut off the head of the fish. Take out the viscera without cutting open the belly. Remove the gills. Wash the fish in cold water and cut it crosswise. Cut the flesh out of each piece without damaging the skin. Prepare the stuffing by mincing and mixing together the fish flesh, onions and dry bread which has been soaked and squeezed dry. Add the egg, sugar, vegetable oil, pepper and salt; mix thoroughly.

Fill the pieces of fish with the stuffing and smooth with a wet knife. Put the sliced beets, carrots and washed onion skins on the bottom of the kettle, then alternate layers of fish and vegetables. Add cold water to cover. Close the kettle with a lid. Bring to a boil and cook over low heat for $1^1/_2$ to 2 hours. See

that the fish and vegetables do not burn. Baste the upper layer of fish from time to time with the stock. Transfer the fish and vegetables to a platter. Strain the liquor and pour over the fish. If desired, cook potatoes in the fish liquor and serve as garnishing.

Fish Stews

Fish stew is usually made with sautéed fish but stew may be made with raw or stuffed fish. The fish is cut into portions and braised with savoury vegetables, tomato paste or fresh tomatoes, green pepper, sorrel, milk and onion, and a variety of other ingredients.

Codfish Stewed in Milk

500 g codfish
25 g flour
40 g vegetable oil
250 g onion (or leek)
2 cupsful milk
Salt to taste
Pepper
Chopped parsley or dill

Cut the unskinned fillet of codfish into 40-50 g pieces. Dredge with salt, pepper and flour; sauté in oil until golden brown. In a deep saucepan lay alternate layers of onion and fish, starting with sliced raw onion or leek. Add hot boiling milk to cover and simmer until the onion is tender. Serve hot garnished with boiled potatoes or rice; serve cold without garnishing.

Codfish and Horseradish Stew

500 g codfish
100 g horseradish
3 cupsful fish stock
40 g weak (3%) vinegar
120 g sour cream
20 g flour
20 g butter or butter margarine
Greens
Salt to taste

Butter a deep saucepan, sprinkle with a thin layer of grated horseradish then lay alternate layers of fish (cut into portions) and horseradish. Add vinegar and salt to the stock, heat and then pour over the fish. Cover with a lid and simmer for one hour. Carefully drain the stock into another saucepan. Add sour cream to the stock and bring to a boil. Gradually stir in the flour which has been combined with butter, blend thoroughly and bring to a boil. Pour the sauce over the fish and again bring to a boil. Simmer for 15 to 20 minutes. Remove from the saucepan with a skimmer. Pour over the pan sauce and sprinkle with the greens. Serve with a garnishing of boiled potatoes.

Sole, Catfish, Pike or Carp and Horseradish Stew

Substitute any of these fish in the recipe above.

Codfish and Cabbage Stew

500 g codfish
40 g vegetable oil or boiled butter
200 g red sauce
600 g stewed cabbage (or sauerkraut)
25 g flour
Caraway seed
Pepper, salt
Chopped parsley or dill
Green onions

Cut the unskinned fish (with or without bones) into portions. Sprinkle with salt, pepper and dredge with flour. Sauté in the oil or butter. Stew the cabbage, add red sauce and scalded caraway seed. Mix together. In a deep saucepan, lay alternate layers of cabbage and sautéed fish. Pour over the sauce. Braise for one hour. Serve each piece of fish topped with cabbage. Pour over sauce and sprinkle with the chopped parsley or dill and green onions. If vegetable oil is used, this fish may be served cold.

Codfish and Sorrel Stew

500 g codfish
25 g flour
80 g vegetable or olive oil
400 g sorrel
200 g tomatoes or 40 g tomato puree
200 g onion or leek
3 cloves garlic
60 g olives
4 slices lemon
Salt to taste
Pepper
Chopped parsley or dill

Cut the codfish into portions. Sprinkle with salt, pepper and dredge with flour. Sauté in vegetable or olive oil. Shred the onion or leek and stir-fry in oil. Wash, stem and finely chop the sorrel leaves and add to the onion. Add garlic which has been crushed and rubbed together with salt, and the sliced tomatoes or tomato puree. Mix thoroughly and bring to a boil.

Put the sautéed fish in a deep saucepan or skillet. Pour over the mixture of vegetables and greens, level off, cover with a lid and braise for one hour. Serve hot or cold. Top each piece of fish with the sorrel. Garnish with olives and a slice of lemon. Sprinkle with the chopped parsley or dill.

Sole, Scad or Catfish and Sorrel Stew

Substitute any of these fish for cod in the above recipe. Scad is fried whole without head and tail.

Bass and Vegetables Stewed in Pickle Brine

600 g bass
50 g celeriac
50 g parsley
500 g pickle brine
120 g grape wine
1 tblsp flour
1 tblsp butter
Dash of nutmeg (optional)
4-5 peppercorns
4-5 whole allspice
Herbs

Cut the unskinned fish into portions (with or without bones). Shred or dice the parsley and celeriac and spread on the bottom of a deep saucepan. Put in the fish and sprinkle with grated nutmeg, freshly ground black pepper and allspice. Add boiled and strained pickle brine and grape wine to barely cover the fish. Cover the saucepan and simmer from 25 to 30 minutes. Drain the stock into another saucepan, heat to a boil and stir in the flour which has been blended with creamed butter. Stir until smooth and heat until thick. Taste to correct seasoning with salt, pickle brine or wine. Pour the sauce onto the fish and heat but do not boil. Serve with

boiled rice or potatoes; pour the sauce over the fish and sprinkle with the chopped parsley.

Codfish, Scad, Sole or Catfish and Vegetables Stewed in Pickle Brine

Any of these fish may be substituted in the above recipe.

Sole Stewed with Onion and Green Peppers

500 g sole
1 tblsp flour
120 g onion
120 g green peppers
1 tblsps vegetable oil
200 g tomatoes
600 g fish stock (or water)
3 cloves garlic
Salt
Pepper
Herbs

Shred the onion and sauté in vegetable oil. Add the peppers which have been seeded and cut into strips. Sauté 5-10 minutes. Add the peeled, cut and seeded tomatoes. Pour in the fish stock and bring to a boil. Cut the fish into portions, sprinkle with salt and pepper and dredge with flour. Sauté the fish and then lay in the stock and vegetables. Add the parsley, celery and garlic which has been crushed and rubbed together with salt. Simmer for 15 minutes. Serve with a garnishing of boiled potatoes.

Lemon rind may be substituted for onion. Shred the rind, scald it and sauté in vegetable oil

Stewed Sprats

500 g sprats
$2^1/_2$ tblsps vegetable oil
$2^1/_2$ tblsps weak (3%) vinegar
Salt to taste

Prepare the sprats, sprinkle with salt and arrange in a saucepan not more than three deep (backs downward). Pour vinegar and oil over each layer of sprats. Cover the saucepan with a lid and cook in a hot water bath for 2 to 3 hours. Serve hot with boiled potatoes, or cold with vinegret or potato salad.

Sprats Stewed in Milk

500 g sprats
120 g onion
400 g milk
40 g vegetable oil

Clean the fresh sprats. Lay them in a saucepan two deep alternating with layers of sliced onion. Pour over cold milk and vegetable oil. Cover the saucepan with a lid. Simmer for 1 to $1^1/_2$ hours. Garnish with boiled potatoes.

Sprats Stewed Whole

600 g sprats
120 g onion
40 g vegetable oil
2 bay leaves
Salt to taste
40 g weak vinegar (2%)
200 g fish stock or water
Dash of black pepper

Clean the sprats, remove the intestines and wash thoroughly. Sprinkle with salt and lay two deep (bellies upward) in a buttered saucepan. Alternate each layer with shred-

ded onion; sprinkle with pepper and put in the bay leaves. Pour over oil. Add water or fish stock and vinegar. Cover with a lid and simmer for 1 to $1^1/_2$ hours. Garnish with boiled potatoes.

Sprats in Sorrel Sauce

500 g sprats
25 g flour
80 g vegetable oil
100 g onion
60 g tomato puree or
300 g fresh tomatoes
250 g sorrel
20 g parsley greens
or dill
20 g garlic
200 g fish stock
Salt to taste

Prepare the sprats. Dredge with flour and sauté in oil. Lay one deep in a saucepan. Pour sorrel sauce over and braise for 40 to 50 minutes. Garnish with boiled or fried potatoes sprinkled with finely chopped dill or parsley.

Sorrel Sauce

Add slightly browned onion, tomato puree, stemmed sorrel leaves, green parsley and garlic (crushed and rubbed with salt) to the water or fish stock. Bring to a boil and simmer for 10 to 15 minutes.

Crucian Carp in Sour Cream

600 g crucian carp
400 g fish forcemeat
300 g sour cream sauce
Onion
Carrot
Dill
Salt
Pepper

Scale, remove the intestines, wash, sprinkle the fish with salt and stand for one hour. Put the fish, onion, carrot and condiment in the fish pot and pour over stock. Bring to a boil and cook for 15 to 20 minutes. Pour over sour cream sauce (see recipe for sturgeon baked in sour cream). Garnish with rounds of telnoye[27].

Salt Roach Stewed in Sour Cream

600 g salt roach
25 g flour
40 g vegetable oil
400 g boiled fish sauce
120 g sour cream
Green onions and
greens

Wash the soaked salt roach and dry it with a towel. Dust with flour and fry in vegetable oil till brown and crisp on both sides. Bake in the oven till done. Arrange the fried fish slantwise in a single row in a casserole. Pour over boiled fish sauce and sour cream. Cover with a lid and braise for 20 to 25 minutes. Serve the fish with the sauce poured over and sprinkled with the chopped parsley, dill and green onions. Garnish with wheat, barley or buckwheat cereal, boiled, fried or mashed potatoes.

Dried Roach and Onion Stewed in Milk

400 g dried roach
200 g onion or green
onions
400 g milk
Chopped greens

Skin the dried fish. Remove the head, fins and intestines. Wash and stand in cold water for 1 hour. Wash again. Put the roach in a saucepan, sprinkle with chopped onion (or green onions), pour in hot milk and simmer

for 30 to 40 minutes. Serve the fish together with the milk and onion. Sprinkle with chopped green parsley. Garnish with buttered beans, boiled or mashed potatoes.

Fried Fish

Fish steaks for pan or deep frying should be cut no more than 3 cm thick; fry small fish whole. Before frying soak the steaks in milk to which salt and a dash of pepper have been added (1/4 cupful of milk, 1/2 tsp salt) for 15 to 20 minutes; then dredge with flour or bread crumbs.

Fried Fish

750 g fish or 500 g filleted fish	Flour Salt, pepper
2 tblsps vegetable oil	Chopped parsley or dill

Prepare the fish, make a slit in the skin, sprinkle with salt and pepper and roll in flour. Stir-fry the fish in the oil, then oven-fry for 10 minutes. Before serving sprinkle with the chopped parsley or dill. Garnish with fried potatoes, buckwheat or barley kasha[18], salad of sauerkraut or red cabbage, cucumbers, pickles or tomatoes. Pass tomato sauce.

Fried Sturgeon with Tomatoes and Onions

750 g fish (500 g fillet of sturgeon)	2 tblsps flour 3 tblsps butter
1/4 cupful milk	Salt, pepper
4 tomatoes	Chopped parsley or dill
1 onion	

Dip the prepared fish in milk to which salt and pepper have been added. Roll in the flour. Fry the fish in butter. Wash and cut the tomatoes in half. Sprinkle with salt and pepper and fry separately. (Canned tomatoes may be used.) Clean and cut the onion into rings and also fry separately. Serve the fish on a hot platter with the fried onions heaped on each piece and the tomatoes on both sides. Pour the butter over the fish. Sprinkle with chopped green parsley or dill. Garnish with boiled or fried potatoes or fried marrow.

Fried Breaded Fish

750 g fish (500 g filleted fish)	1/2 cupful bread crumbs
1/4 cupful milk	100 g frying fat
2 tblsps flour	Lemon
1 egg	Salt, pepper

Wash the prepared fish and wipe with a cloth. Sprinkle with salt and pepper and roll each piece in flour. Dip in slightly beaten egg to which the milk has been added and then roll in bread crumbs. Fry the fish for 10 to 15 minutes before serving. Serve on a hot platter garnished with lemon slices and parsley greens. Mayonnaise and gherkins sauce or hot tomato sauce may be substituted for lemon. Serve garnished with salad, apple pickles, or mashed potatoes.

Fried Breaded Zander, Bream, Carp, Crucian Carp, Navaga, Tench, Smelt or Sturgeon

Any of these or other fish may be used in the above recipe.

Fish Fried in Batter

500 g filleted fish
2 eggs
1/2 cupful milk or water
5 tblsps flour
3 tblsps vegetable oil
Juice of 1/2 lemon
Salt, pepper
Fat for frying
Chopped parsley or dill

In a bowl sift together flour and salt. Combine with 2 tblsps oil or melted butter, stir in water and mix until smooth. Cover the batter and set aside.

Cut the fillet into pieces 1 cm thick and 5 to 7 cm long. Sprinkle with salt, pepper and chopped parsley (or dill); pour over the lemon juice and 1 tblsp oil, mix and set aside for about 1/2 hour to marinate.

Ten to fifteen minutes before service, beat the egg whites stiff and fold into the batter. Dip each piece of fish in the batter and fry in enough hot fat to completely cover the fish. When brown on both sides, remove to a rack to drain. Serve on a paper napkin. Decorate with parsley greens and lemon slices. Pass mayonnaise and gherkin sauce or hot tomato sauce separately. Garnish with salad or buttered boiled potatoes.

Fried Codfish with Green Peppers and Tomatoes

500 g codfish
25 g flour
80 g vegetable oil
600 g fresh tomatoes
200 g green peppers
20 g lemon rind
Salt
Pepper

Shred, scald and drain the lemon rind and sauté slightly in the vegetable oil. Add the peppers cut into thin strips. Slightly brown the tomato sliced 1 cm thick. Cut the filleted codfish into portions, sprinkle with salt and pepper, roll in flour and sauté in oil. Lay the fried fish on the fried tomatoes and the peppers and lemon rind on the fish. Serve garnished with rice.

Codfish and Onion Fricassée

500 g filleted codfish
200 g onion
60 g vegetable oil
Salt, pepper
Chopped greens

Cut the filleted codfish into small pieces. Dredge with salt and pepper. Slice the onion thin and sauté in the oil until golden yellow. Add the fish and fry until tender. Serve garnished with fried potatoes; sprinkle with the chopped greens.

Sautéed Codfish

800 g codfish
125 g vegetable oil
2 onions
2 cloves garlic
20 olives
1 1/2 cupful tomato sauce
60 g cheese
Chopped parsley
Salt to taste

Cut the fish into steaks. Sauté in oil till golden yellow and transfer to a hot platter. Finely chop the onion and garlic and sauté in oil. Add the tomato sauce and parsley. Bring to a boil and pour over the fish. Sprinkle with the grated cheese. Garnish with the olives.

Stuffed Sole

1 kg sole
1 tsp chopped parsley
3 tblsps bread crumbs
3 tblsps butter
1/3 cupful crayfish tails
1/2 lemon
1 egg
Salt, pepper, nutmeg

Clean the fish and slit down one side. Prepare the dressing as follows: mix together 2 tblsps

butter, 2 tblsps crumbs, parsley, crayfish tails, slightly beaten egg, dash of grated nutmeg, salt and pepper. Reserve a little egg to brush the fish. Stuff the dressing into the fish beneath the fillet leaving the centre open. Melt the remaining butter in a skillet and put in the fish which has been brushed with egg and sprinkled with dry bread crumbs. Bake in moderate oven for 7-10 minutes.

Sole or Halibut Fried with Tomatoes

500 g sole or halibut
60 g vegetable oil or boiled butter
25 g flour
600 g tomatoes
Salt, pepper
Chopped parsley

Cut the skinned and boned fish into portions. Sprinkle with salt and pepper and roll in flour. Fry in vegetable oil or boiled butter. Peel the tomatoes, cut in halves, remove the seeds and fry. Serve the fish in the frying pan topped with the tomatoes and sprinkled with the chopped parsley.

Sole or Halibut Fricassée

600 g filleted sole or halibut
25 g flour
120 g vegetable oil or boiled butter
200 g onion
600 g fried potatoes
400 g tomatoes
5 cloves garlic
Salt, pepper
Chopped parsley

Cut the fillet of sole or halibut into large noodle-like strips. Sprinkle with salt and pepper, and roll in flour. Sauté in the vegetable oil or boiled butter. When the fish is done mix with the potatoes and onions which have been fried separately. Serve garnished with halves of fried tomatoes. Sprinkle with mixture of the chopped parsley and garlic.

Sole or Halibut Fried with Onions, Mushrooms and Gherkins

600 g sole or halibut
25 g flour
100 g boiled butter or vegetable oil
15 g butter
30 g onion
20 g gherkins
30 g mushrooms
Salt, pepper
Chopped parsley

Chop the onion and mushrooms fine and slightly sauté each separately in the boiled butter or vegetable oil. Sprinkle the fish with salt and pepper, roll in flour and fry. Serve on sautéed onion. Garnish with boiled potatoes. Shoestring the gherkins and add to the mushrooms. Brown slightly in butter. While hot, spread over the fish. Sprinkle with the chopped parsley.

Deep Fried Floured Sole or Halibut

500 g sole or halibut
25 g flour
40 g milk
Fat for deep frying
2 slices of lemon
Salt, pepper
Chopped parsley

Soak pieces of fish in milk. Sprinkle with salt and pepper and roll in flour. Fry in deep fat. Serve garnished with fried potatoes. Garnish with 2 slices of lemon. Sprinkle with the chopped parsley.

Deep Fried Crumbed Sole or Halibut

500 g sole or halibut
25 g flour
80 g dry bread crumbs
Fat for deep frying
1 egg
1/3 cupful milk
200 g mayonnaise or
40 g tomato sauce or
2 slices of lemon
Salt
Pepper

Cut the fish into portions. Sprinkle with salt and pepper and roll in flour. Dip into beaten egg which has been combined with milk, salt and pepper. Roll in dried bread crumbs and shake off any that do not adhere. Fry in deep fat till golden brown. Garnish with lemon and serve with fried potatoes. Instead of lemon, tomato sauce or mayonnaise and gherkins may be served separately.

Fried Halibut

Cut the halibut into portions. Dampen with vinegar, sprinkle with salt and pepper and set aside for 2 hours. Roll in flour as directed in the above recipes and fry.

Deep Fried Crumbed Navaga

500 g navaga
25 g flour
1 egg
80 g dry bread crumbs
Fat for deep frying
2 slices of lemon

Crumb the fish as directed in the recipe for deep fried crumbed sole. Fry in deep fat until almost done, then put the fish into a well heated oven for 2 or 3 minutes. Garnish with the lemon. Serve with fried potatoes.

Sprats Fried with Tomato Paste

400 g filleted sprats
40 g tomato paste
25 g flour
1 egg
40 g dry bread crumbs
40 g vegetable oil
25 g butter
Chopped dill
Salt to taste

Spread tomato paste on the inside of one fillet, sprinkle with salt and cover with the other fillet. Roll the two fillets in flour, dip in beaten egg and then roll in dry bread crumbs. Fry in the vegetable oil until done. Serve with the garnishing of fried or boiled potatoes. Sprinkle with the chopped dill.

Broiled Sprats

600 g sprats
20 g vegetable oil
30 g butter

Clean the sprats. Remove the intestines and gills; leave the head. Wash and dry with a cloth. Brush with oil. Put the fish on a hot grate over charcoals. Turn to brown evenly. Sprats may also be broiled strung on a wire by the head and hung over hot charcoals. When done, dip the sprats into hot salt water (120 g salt per litre of water) for a few seconds. Serve with fried potatoes.

Sprats Fried in Batter

350 g filleted sprats
20 g vegetable oil
10 g chopped parsley
120 g flour
Lemon juice
4 g sugar
2 eggs
$^1/_2$ cupful milk
Fat for deep frying
300 g tomato sauce or
200 g mayonnaise
Salt, pepper

Sprinkle the boned fillets with salt and set aside for 10 to 15 minutes. Then sprinkle with lemon juice, pour over the vegetable oil, dredge with pepper and finely chopped parsley. Stack the fillets and set aside to chill for at least half an hour. Before frying, roll up the fillets from the tail towards the head skin inward. Pin each roll with a wooden toothpick. Make a batter of milk, salt, sugar, 1 tsp vegetable oil and flour; mix until

smooth. Fold in the egg whites beaten stiff. Dip the rolled fillets in the batter and fry in deep fat heated to 170 °C (356 °F) until the crust is golden brown. If the fish requires extra cooking, after frying put it in a hot oven to bake for a few minutes. Remove the toothpicks and serve at once on a platter lined with a paper napkin. Pass tomato sauce.

Salt Herring Cutlets

Soak in milk 4 medium-sized herrings then skin and bone them. Put the fillets through a mincer together with dry white bread that has been soaked in milk and squeezed dry. Add two slightly beaten raw eggs, two tblsps heavy sour cream and chopped dill. Mix thoroughly. Shape into cutlets, brush with raw egg, roll in dried bread crumbs and fry in boiled butter. Serve with fried potatoes.

Fried Salt Roach

600 g salt roach
25 g flour
40 g vegetable oil
Chopped parsley or dill

Soak the roach for 3-4 hours, then wash, wipe and roll in flour. Fry in the oil, browning both sides. Put the pan in a hot oven and bake until tender. Serve garnished with fried potatoes, mashed potatoes, or stewed cabbage. Sprinkle with the chopped parsley.

Fried Salt Cod, Zander, Bream or Carp-like Fish

Any of these fish may be substituted in the above recipe.

Fried Sprats with Onion

300 g sprats
40 g flour
60 g vegetable oil
80 g onion
Salt to taste

Wash the sprats in cold water and drain thoroughly in a colander. Sprinkle with salt. Heat the oil in a skillet and fry the sliced onion in it. Roll the fish in flour and stirring carefully fry over high heat until done. Serve with fried or boiled potatoes, cucumber, tomato or sauerkraut.

Fried Anchovies or Sardelles

Either of these may be substituted in the above recipe for sprats.

Deep Fried Floured Anchovies

400 g anchovies
40 g flour
Fat for deep frying
Salt to taste

Prepare the fish as directed in the recipe for sprats fried with onion. Heat the fat to 160-170 °C. Roll the fish in the flour. Fry over high heat for 5 to 6 minutes then drain in a wire strainer. Serve immediately. Garnish with beans in tomato sauce or with fried potatoes. Sauerkraut or pickled vegetables may be passed (beets, cabbage, tomatoes, watermelon, etc.).

Deep Fried Floured Sardelles, Sprats or Sparlings (Smelts)

Substitute any of these fish for anchovies in the above recipe.

Fish Cutlets or Patties

500 g fillet of zander, pike or cod
125 g day-old white bread
1/2 cupful milk
50 g onion (optional)
3 tblsps dried bread crumbs
4 tblsps vegetable oil
4 tblsps butter
1/8 tsp pepper
Salt to taste

Grind the skinned and boned fillet. Mix with bread which has been soaked in milk and squeezed dry, add salt and pepper and, if desired, chopped onion. Put through a mincer again once or twice. Cream the butter and combine thoroughly with the mixture. Shape into cutlets or round patties and dust with bread crumbs. Fry in oil for 10-15 minutes or until golden brown on both sides then bake for 5-7 minutes in a hot oven. Serve on a hot platter. Garnish with buttered or creamed peas, beans, cauliflower or any other vegetable. Pass tomato, red or sour cream sauces.

Stuffed Fish Cutlets

Prepare forcemeat as for fish cutlets (see above), divide, shape into rounds 1 cm thick and place on a wet cloth or towel. Put the stuffing on one half of the round, fold over the other half and pinch the edges together. With the towel, shape the cutlet into a half-moon. Brush with egg, roll in sifted white bread crumbs and fry.

Stuffing I

200 g fresh mushrooms or 50 g dried mushrooms
100 g onion
50 g bread crumbs
15 g parsley
Salt to taste

Chop up and sauté the mushrooms, add fried onion, bread crumbs, salt and pepper to taste. If dried mushrooms are used, soak for 3-4 hours and cook until tender.

Stuffing II

75 g fresh mushrooms or 25 g dried mushrooms
100 g cartilage or boiled fish
1 hard-cooked egg
50 g butter
15 g parsley
Salt to taste
175 g onion

Chop up the egg fine, add the fried onion, cooked mushrooms, cartilage of sturgeon fish or steamed fish cut up, parsley and salt to taste.

Stuffing III

2 hard-cooked eggs
200 g onion
50 g bread crumbs
15 g parsley
50 g butter
Salt to taste

Shred the eggs, add bread crumbs, fried onion, parsley and salt to taste.
Serve the stuffed fish cutlets garnished with green peas.

Forcemeat Fish Loaf (Telnoye)

"Telnoye" in Russian cookery is the name for forcemeat made of fish. Reference to this dish is found in manuscripts that date back to the 16th and 17th century.

400 g filleted fish
80 g bread
1/2 cupful milk
Salt, pepper
1 tblsp butter
2 cloves garlic
1/2 egg

Fillet of zander, catfish, pike, burbot, cod, salmon or any other fish that is not bony may be used. Put through a mincer the fish fillets, garlic and bread which has been soaked in milk and squeezed dry. Add salt, pepper, egg and creamed butter. Mix to blend. Shape the forcemeat into a small loaf 5-6 cm thick, wrap in buttered celophane or foil and tie at the ends. Lay on the rack of a fishpan, pour over fish stock and cook for 30-40 minutes. Remove from the stock and when cold unwrap and slice. Heat in fish stock. Telnoye may be served with garnishing or as a garnishing.

Skewered Sturgeon

Cut the sturgeon into 40- to 50-g pieces. Wash in cold water and dredge with salt and pepper. Thread the pieces of sturgeon onto a metal skewer and broil over red hot coals for 6 to 10 minutes. Baste with butter. Turn so as to brown evenly. Remove from the skewer onto a hot plate, garnish with onions, green onions, parsley and broiled tomatoes.

Skewered Salmon

Substitute salmon in the above recipe.

Baked Fish

Regardless of whether the fish is put into the oven raw, fried or boiled, the oven must be well heated beforehand, otherwise the fish will turn pale yellow instead of golden brown, be dry and tasteless.

Baked Bream or Carp

500 g bream or carp
1/4 cupful milk
2 tblsps butter
2 tblsps flour (or bread crumbs)

Clean and wash the fish. Cut it along the backbone and then into pieces crosswise. Soak in salted milk for 2 or 3 minutes. Roll in flour or dry bread crumbs. Lay in a buttered baking pan skin upwards. Dot with butter and bake. Within 5 minutes the skin begins to turn brown. Fish fillets will be done in 6 to 7 minutes, unboned fish, in 12 minutes. Serve in the baking dish or on a hot platter, pouring over the baking pan juice. Garnish with boiled or fried potatoes, cucumbers or green salad. This fish may be served cold garnished with cucumbers, tomatoes or any spiced fruits.

Zander Baked with Potatoes

600 g fillet of zander
600 g potatoes
1 tblsp flour
Pepper
2 tblsps dry bread crumbs
2-3 tblsps butter
Salt

Cut the fish into portions, slit the skin, then sprinkle with pepper and salt and lay in a buttered baking dish. Pare and shoestring the potatoes; wash in cold water, drain and spread over the fish. Sprinkle with salt and flour. Pour over fish stock or water, sprinkle with dry bread crumbs and melted butter. Bake for 20 to 35 minutes depending on the thickness of the layer of potatoes. Should the stock evaporate quickly, add more stock or boiled water. A layer of fried onion may be placed between the fish and the potatoes.

Before serving sprinkle with chopped parsley greens. Garnish with green salad, fruits and vegetables, cucumbers or pickles and sauerkraut.
If desired, sliced boiled potatoes may be used instead of raw potatoes and fish stock sauce used instead of fish stock or water.

Baked Sturgeon

500 g sturgeon
1 tblsp sour cream
1 tblsp butter
Salt, pepper

Wash the sturgeon; do not cut into pieces. Remove the cartilage and bonelike scales. Sprinkle with salt and pepper. Lay the fish in a buttered pan. Brush with sour cream and dot with butter. Pour $^1/_2$ cupful of water into the pan and bake for 25 to 30 minutes basting several times with the pan juice. Before serving, cut the fish into pieces crosswise and serve on a heated platter. Pour over the strained pan juice. Decorate with parsley greens. Garnish with buttered boiled potatoes or fried potatoes, a vegetable salad, cucumbers and slices of lemon. Pass mayonnaise and capers sauce.

Sturgeon, Sevruga, Beluga, Zander, Carp or Pike Baked in Sour Cream

750 g fish or 500 g filleted fish
800 g potatoes
1 cupful sour cream
2 eggs
25 g cheese
2 tblsps flour
4 tblsps butter
Salt, pepper
Chopped parsley
200 g fresh mushrooms

Sprinkle the prepared fish with salt and pepper. Roll in flour and brown in butter. Fry the mushrooms and the pared, washed and sliced potatoes ($^1/_2$ cm thick). Put the fish in the frying pan and top each piece with chopped hard-cooked eggs and mushrooms. Put the fried potatoes around the fish and pour over strained sour cream sauce. Sprinkle with grated cheese, pour over the melted butter and bake for 5 or 6 minutes until brown. Before serving sprinkle with chopped green parsley.

Codfish Baked in Egg and Milk

500 g codfish
$2^1/_2$ tblsps flour
80 g boiled butter
80 g onion
2 eggs
$1^1/_2$ cupsful milk
600 g fried potatoes
Salt, pepper

Cut the filleted codfish into portions. Sprinkle with salt and pepper and roll in flour. Fry in boiled butter and then lay in a baking pan. Put the fried potatoes around the fish. Add slightly browned onion. Beat the eggs, add the milk and flour and mix. Pour over the other ingredients and bake until crust is golden yellow.

Codfish Baked in Milk Sauce

500 g codfish
40 g vegetables and spices for savoury stock
60 g boiled butter
80 g onion
25 g cheese
600 g potatoes
500 g milk sauce
Salt
Pepper

Spread a layer of boiled or mashed potatoes on the bottom of a buttered baking dish. Over this lay portions of codfish cooked in a savoury stock. Make thin milk sauce. Add to

it slightly browned chopped onion and boil. Taste to correct seasoning. Pour the sauce over the fish, sprinkle with grated cheese and dot with butter. Brown in the oven. Serve in baking dish.

Zander Baked in Sour Cream Sauce

500 g filleted zander	500 g sauce
25 g flour	1 tsp salt
60 g boiled butter	Pepper
200 g mushrooms	Chopped dill or
25 g cheese	parsley

Wash, cut up and fry champignon (meadow) or morel mushrooms. Flour the portions of filleted fish and fry. Transfer to a baking dish, surround with fried mushrooms and pour over the sour cream sauce. Sprinkle with grated cheese and dot with butter. Bake till the crust is golden brown. Before serving sprinkle with the chopped dill or parsley.

Codfish, Pike, Catfish, Bass or Burbot Baked in Sour Cream Sauce

Substitute any of these fish in the above recipe.

Pike Baked in Onion Sauce with Mushrooms

500 g pike	20 g dry bread crumbs
40 g vegetables and spices for savoury stock	60 g boiled potatoes
10 g butter	500 g sauce
	Salt, pepper

Boil the portions of filleted pike in a savoury stock. Lay the fish in a frying pan and surround with the sliced boiled potatoes. Pour over the onion sauce with mushrooms. Sprinkle with bread crumbs and butter. Bake to a golden brown. Serve in a baking dish.

Codfish, Zander, Catfish or Burbot in Onion Sauce with Mushrooms

Substitute any of these fish in the above recipe.

Sturgeon Baked with Potatoes and Onions

500 g sturgeon	60 g vegetable oil,
600 g potatoes	butter, margarine or
80 g onion	boiled butter
600 g white sauce	Pepper, salt
20 g dry bread crumbs	Chopped green parsley

Cut the fish into portions and lay in a buttered casserole. Sprinkle with salt and pepper. Add finely chopped and slightly browned onions. Cover with slices of boiled or raw potatoes. Pour over thin white sauce. Sprinkle with dry bread crumbs and dot with butter. Bake till done. Sprinkle with the chopped parsley. Serve in casserole.

Sevruga, Beluga, Sole or Halibut Baked with Potatoes and Onions

Substitute any of the fish in the above recipe.

Sturgeon Baked with Tomatoes

600 g sturgeon	25 g cheese
400 g tomatoes	20 g butter or butter
120 g mushrooms	margarine
40 g crabmeat	1 tsp salt
600 g tomato sauce	Chopped parsley or dill

Steam the fish and place in a baking pan. Surround with halves of browned tomatoes. Top with cooked mushrooms and crabmeat. Pour over tomato sauce with the mushrooms and vegetables. Sprinkle with grated cheese and butter. Bake till brown. Sprinkle with the chopped parsley or dill and serve in the baking dish.

Sevruga, Beluga, Sole or Halibut Baked with Tomatoes

Substitute any of these fish in the above recipe.

Sole or Halibut Baked with Kasha[18]

1 kg sole or halibut
25 g flour
80 g butter, butter margarine or vegetable oil
20 g cheese
600 g prepared kasha
500 g sour cream sauce
Chopped dill or parsley

Prepare the fish. Dredge with flour and fry in vegetable oil. Put fluffy buckwheat, rice or wheat kasha in a frying pan. Lay the fried fish on the kasha. Pour over the sour cream sauce, sprinkle with grated cheese and dot with butter. Brown in the oven. Sprinkle with chopped parsley or dill before serving.

Sole or Halibut Baked in Milk Sauce

600 g sole or halibut
20 g onion
20 g parsley
40 g white wine
60 g mushrooms
25 g cheese
40 g crabmeat
4 oysters
400 g milk sauce
4 egg yolks
40 g butter
Salt to taste

Steam the fish in a stock to which the white wine, parsley and onion have been added. Lay the fish on a platter and garnish with cooked mushrooms, crabmeat and oysters. Add the fish liquor to the milk sauce, bring to a boil and remove from heat. Add the raw egg yolks and mix. Taste to correct seasoning. Pour the sauce over the fish. Sprinkle with grated cheese and butter. Brown in a hot oven and serve immediately.

Sole or Halibut with Spinach

Clean and wash the fish. Steam in a stock to which white wine has been added. Steam the spinach in butter and spread it on a platter. Put the fish on the spinach. Pour over milk sauce, sprinkle with grated cheese and butter. Brown quickly in a hot oven.

Fish with Sauerkraut (Fish Solyanka)

500 g filleted fish
2 tblsps butter
2 tblsps tomato puree
2 tblsps dry bread crumbs
2 pickled cucumbers
2 bay leaves
1 cupful fish liquor (or water)
50 g capers
50 g olives
2 onions
Salt, pepper

Stewed Sauerkraut (or Cabbage) for Fish Solyanka

1 kg sauerkraut (or cabbage)
$2^1/_2$ tblsps butter or drippings
2 tblsps tomato puree
1 onion
1 tblsp sugar
1 tblsp flour

Prepare the sauerkraut (or cabbage) as directed in the recipe for solyanka.
Clean the fish (sturgeon, sevruga or sterlet)

and cut into 40- to 50-gram pieces. Put the fish in a separate saucepan and sprinkle with salt and pepper. Add the capers, peeled and sliced seeded pickled cucumbers, tomato puree, sliced onions slightly sautéed in butter, the fish liquor (or water) and bay leaves. Mix these ingredients, cover with a lid and simmer for 15 to 20 minutes. Taking care not to break up the pieces of fish, stir in the flour which has been combined with a teaspoonful of butter. Boil for 10 minutes.
Spread one third of the stewed sauerkraut in an even layer on the bottom of a frying pan. Put the fish mixture on top, pour over the fish juice and cover with the rest of the sauerkraut. Smooth the top, sprinkle with dry bread crumbs and dot with butter. Heat thoroughly in the oven for 8 to 10 minutes. Garnish the solyanka with olives, lemon slices, pickled cherries, grapes, plums or red bilberries and green parsley.

Navaga Baked with Spinach in Milk Sauce

600 g filleted navaga
20 g parsley
20 g onion
800 g fresh spinach
25 g cheese
40 g butter
400 g milk sauce
Pepper, salt

Parboil the spinach and drain off all extra moisture. Cut it up and heat in butter. Season with salt and pepper. Parboil the filleted navaga in the stock to which parsley and onion have been added. Make milk sauce of medium thickness and add to it the fish stock. Bring to a boil and strain. Put the seasoned spinach on a platter and lay the fish on it. Pour over the milk sauce, sprinkle with grated cheese and dot with butter. Brown in the oven.

Codfish, Pike, Burbot or Catfish Baked with Spinach in Milk Sauce

Any of these fish may be substituted in the above recipe.

Sprat Pudding

500 g sprats
60 g salt pork
600 g potatoes
320 g milk
1 egg
100 g onion
25 g cheese
30 g butter
1 tsp salt
Chopped greens
40 g flour

Prepare the sprats. Cover the bottom of the frying or baking tin with thinly sliced salt pork. Add an even layer of potatoes sliced $^1/_2$ cm thick and put the sprats over the potatoes. Top with another layer of sliced potatoes. Pour over the milk which has been combined with the flour, beaten egg and finely chopped onion. Sprinkle with grated cheese or dried bread crumbs. Bake in oven. Before serving pour over melted butter and sprinkle with chopped parsley.

Sprat Roll

400 g filleted sprats
1 egg
120 g onion
80 g bread
20 g table margarine
30 g butter
Lemon rind
20 g dried bread crumbs
Salt, pepper

Fillet the sprats and put them through the food chopper twice. Add the white bread crumbs and egg yolk, chopped onion, salt, a little grated lemon rind and freshly ground pepper to taste. Mix thoroughly. Fold in the egg white beaten stiff. Shape into a loaf and transfer to a buttered baking pan. Sprinkle with the dried bread crumbs, dot with butter and bake. Garnish with mashed potatoes or green peas in milk sauce.

Fresh Herring Baked with Egg

400 g herring
25 g flour
40 g vegetable oil
4 eggs
80 g sour cream
80 g onion or green onions
Salt
Chopped greens
Pepper

Sprinkle salt and pepper over the filleted fresh herring. Flour and fry the fillets in vegetable oil or boiled butter. Lay the fried fish in an oval metal platter or baking dish. Beat the eggs and mix with the sour cream and chopped raw onion or chopped green onions. Add salt. Pour over the herring and bake.
Before serving sprinkle with the chopped greens.

Herring Forshmak

400 g salt herring
300 g dry bread
300 g milk
80 g onion
40 g vegetable oil
120 g sour cream
20 g dry bread crumbs
Nutmeg, pepper

Soak the salt herring in cold water for 24 to 30 hours. Clean, fillet and skin the herring. Put the fillets through the mincer together with the dry white bread (without crust) which has been soaked in milk or cream and squeezed dry. Finely chop the onion and sauté slightly in vegetable oil. Add to the minced herring. Season with pepper, nutmeg and salt to taste. Put the mixture into a buttered baking pan dusted with dry bread crumbs. Smooth the top, brush with sour cream, sprinkle with bread crumbs, butter and bake until it leaves the sides of the pan. Before serving pour over sour cream.

Herring Pudding (Herring Zapekanka)

400 g salt herring
200 g bread
200 g milk
200 g potatoes
2 eggs
80 g onion
20 g butter
1 tblsp sour cream
20 g dry bread crumbs
300 g sauce or 120 g sour cream
Chopped greens
Salt to taste
Pepper

Fillet and skin the soaked salt herring. Mix the fillets with the white bread which has been soaked in milk or cream, boiled potatoes and a raw egg and put through the mincer. Add grated or finely chopped onion and salt and pepper to taste. Mix thoroughly. Butter a baking pan and dust it with dry bread crumbs. Spread the mixture in the

baking pan in a layer 3 cm thick and even off the top. Brush with raw egg combined with sour cream. Bake until the top has a crust and the bottom is crisp. Cut the zapekanka into portions. Before serving pour over sour cream sauce, tomato sauce, or sour cream. Sprinkle with finely chopped parsley or dill.

Baked Anchovies

250 g anchovies
30 g flour
60 g vegetable oil
80 g onion
200 g red or tomato sauce
600 g mashed potatoes
20 g cheese
15 g dry bread crumbs
Chopped greens

Clean and wash fresh anchovies. Fry as directed in the recipe for fried sprats with onion. Lay the fried anchovies in a frying pan, pour over red or tomato sauce and cover with a layer of mashed potatoes. Sprinkle with dry bread crumbs mixed with grated cheese, and dot with butter. Bake until the crust is golden brown. Before serving sprinkle with parsley or green onions.

Baked Sardelles or Sprats

Either of these may be substituted in the above recipe.

Baked Salt Sardelles

250 g sardelles
600 g potatoes
80 g onion
200 g white sauce
60 g vegetable oil
20 g dry bread crumbs
Chopped dill or parsley

Line a buttered baking pan with half the sliced boiled potatoes. Put the fish and slightly browned onion on the potatoes and cover with the remaining potatoes. Pour over boiled fish sauce. Sprinkle with dry bread crumbs and dot with butter. Bake for 15 to 20 minutes. Before serving pour over melted butter and sprinkle with the chopped parsley or dill.

Baked Salt Anchovies or Sprats

Either of these may be substituted in the above recipe.

Fish Stuffed with Kasha[18]

750 g fish (whole)
100 g buckwheat kasha[18]
2 hard-cooked eggs
1 cupful sour cream
1 onion
1 tblsp flour
3 tblsps butter
Salt
Pepper

Clean the fish (carp or crucian carp). Cut off the head near the fins. Remove the intestines without cutting open the belly. Wash the fish thoroughly, wipe inside and out with a cloth. Rub with salt. Prepare the buckwheat kasha, mix it with the fried onion and hard-cooked eggs and stuff the fish. Sprinkle with pepper and roll in flour. Brown in butter on a frying pan and bake for 5 or 6 minutes. Pour over sour cream and return to the oven for another 3 to 5 minutes. Baste with pan juices. Baking time will depend on oven heat and the size of the fish. Serve in the baking dish

or transfer to a hot platter together with the sauce. Pass cucumbers, vegetables, fruit salad or pickled apples.

Crayfish and Crabs

Crayfish

(Plain)

10 crayfish
1 carrot
1 onion
Sprigs of parsley
Sprigs of dill
1 tblsp salt
Bay leaf

Wash the crayfish and put them in a saucepan. Add the sliced carrot and onion, parsley, dill, bay leaf and salt. Cover with 4 or 5 cupsful of boiling water and cook for 10 minutes. Serve the crayfish in the saucepan together with the liquor and vegetables.

Crayfish in Beer

Cook as directed in the above recipe substituting beer for half the amount of water used.

Crayfish in White Wine

10 crayfish
1 cupful white wine
1 tsp flour
1/4 tsp caraway seeds
2 tblsps butter
Salt, pepper
2 bay leaves

Wash the crayfish. Melt the butter in a saucepan. Put in the crayfish and fry until scarlet. Sprinkle with salt, pepper and ground caraway seeds. Add the bay leaves and white wine. Cover with a lid and simmer for 10 minutes. Serve in a bowl or on a platter with a cover. Pass sauce separately.

Crabmeat with Egg-and-Butter Sauce

1 can (225 g) crabmeat
600 g potatoes
Salt to taste
1/2 cupful white wine
3/4 cupful egg-and-butter sauce

Put the crabmeat in a saucepan. Add the wine and cover with a lid. Simmer for 5 minutes. Pare and cut the potatoes in halves and cook in salt water. Lay the crabmeat in the centre of a hot round platter. Put the boiled potatoes around the crabmeat. Pour the liquor over the crabmeat. Garnish with parsley leaves. Pass egg-and-butter sauce, fresh-salted cucumbers or green salad.

Crabmeat Baked in Milk Sauce

1 can (225 g) crabmeat
1 cupful milk sauce
25 g grated cheese
200 g fresh mushrooms
2 tblsps butter

Pick the crabmeat and put it in a saucepan together with the juice. Add the mushrooms which have been cooked and cut and a teaspoonful of butter. Cover with a lid and simmer for 5 minutes. Transfer to a buttered baking dish. Add the grated cheese to the milk sauce of medium thickness and pour over. Reserve some of the grated cheese to sprinkle over the top. Dot with butter and bake for 5 or 6 minutes to brown. Serve immediately.

MEAT

1 onion
1 cupful beans
parsley
lamb and beans
200g tomatoes
500g lamb

Meat is one of the most nourishing foods. It contains complete proteins, fats and extractives that help digestion. When meat is boiled it loses about 40% of its weight. The weight loss due to frying or roasting is 35-38%. In other words, one kilogram of raw meat will yield 620-650 grams of roast or fried meat. The wide variety of packaged and ready-to-cook meat products available in the shops are great time savers and should be taken advantage of.

Beef, pork, mutton and lamb may be obtained in the form of crumbed or plain steaks, chops, escalope, forcemeat, various types of cutlets and marinated meat for shashlyk[19]. The variety of canned meat is even greater for it includes venison and the sundries and organs such as kidneys, brains and liver which can all be used in various ways.

Boiled Meat

Boiled Beef with Horseradish Sauce

500 g meat (boned)
800 g potatoes
2 carrots
1 leek
1 turnip
Salt to taste
2 bay leaves
30-40 g celery, parsley or pasternak (optional)
5-8 peppercorns (or 5-10 g whole red pepper)

Prepare a whole piece of meat (round, rump, sirloin or brisket). Wash and pour over boiling water to cover. Close with a lid and bring to a boil, remove the scum, reduce the heat and simmer for 1 1/2 to 2 hours. Add the cleaned and sliced carrots, turnip, the white of the leek (or onion), the seasoning and, if desired add the celery, parsley or pasternak. Add salt to taste. Cook for another 1/2 hour. When the meat and vegetables are tender, drain off the stock. Cover the meat and vegetables. Use the stock to make the horseradish sauce. Before serving slice the meat, garnish with the vegetables and boiled potatoes. Pour over the sauce.

Boiled Beef in Sour Cream with Horseradish

500 g beef (boned)
50 g horseradish
150 g sour cream
2 carrots
1 onion
Greens

Wash a whole piece of beef and pour over boiling water to cover. Close with a lid and bring to a boil. Remove the scum and simmer for 1 1/2 to 2 hours. Add the carrots, onion and greens. Cook for another 1/2 hour. Slice the meat when hot, pour over the sour cream mixed with the grated horseradish and cool.

Boiled Lamb in White Stock Sauce

500 g lamb
600 g potatoes
1 onion
1 turnip
2 carrots
1 tblsp flour
1 tblsp butter
Salt to taste

Wash the meat (loin, breast or shoulder), put it in a saucepan and add boiling water to barely cover. Close with a lid and cook over

low heat. When the water begins to boil skim and then simmer for 30 to 40 minutes. Add the vegetables and salt. Simmer for another 30 to 40 minutes. When done, remove the meat and vegetables from the broth. Slice the lamb thin. Garnish with boiled potatoes and sliced vegetables. Pour over the sauce made with the flour, butter and broth.

Boiled Mutton with Vegetables

500 g mutton	200 g cabbage
400 g potatoes	50 g butter
200 g carrots	1 tblsp flour
200 g turnips	Garlic
100 g onion	Salt, pepper to taste

Wash and chop up the meat (breast, shoulder) together with the bones. Put in a saucepan, add cold water and boil for 20-30 minutes skimming waste matter. Put the mutton into a ceramic basin, pour in the stock. Add the raw potatoes, carrots, turnips, onion, cabbage and cook until ready. Rub part of the potatoes through a sieve when hot and return to the basin. Add finely crushed garlic, salt, pepper and bring to a boil. Prepare the white sauce using the stock and pour it over the mutton with vegetables.

Tongue in White Stock Sauce with Raisins

1 ox tongue	100 g raisins
1 carrot	1 tblsp flour
1 parsnip	Salt to taste
1 onion	Lemon juice
2 tblsps butter	

Place the tongue in a saucepan together with the sliced vegetables. Season with salt. Add hot water to cover and cook for 2 to 3 hours. When the tongue is tender, rinse in cold water and immediately skin. Make a sauce with the liquor as follows:

Combine the flour with one tablespoonful of butter and brown slightly. Stir in $1^1/_4$ cupsful of strained liquor and bring to a boil. Add the raisins and simmer for 5 to 10 minutes. Remove from heat, add salt and lemon juice to taste and beat in butter.

Before serving slice the tongue, garnish with green peas, macaroni, stewed cabbage, puree of potatoes or peas. Pour the sauce over. Pork tongue may be cooked in the same manner (cooking time should be 1 to 2 hours).

Corned Tongue with Garnishing

Scrub the tongue, place it in a saucepan and add cold water to cover. Add vegetable roots and onion. Boil for 3 to $3^1/_2$ hours over low heat. When the tongue is tender, remove it from the saucepan, rinse in cold water and immediately skin. Slice the tongue and pour over 2 or 3 tblsps of the liquor and melted butter. Garnish with buttered peas, stewed cabbage, puree of potatoes or peas.

Boiled Tripe

Wash the tripe thoroughly, scald, scrape with a knife and rinse in cold water. Cut into large squares or roll up and tie with string. Add cold water and bring to a boil. Add salt, pep-

per, bay leaf, one carrot, one parsley and one onion. Simmer for 4 to 5 hours.
Cut the cooked tripe into noodle-like strips. Pour over white stock sauce made with the liquor. If desired, tomato paste may be added to the sauce. Tripe may be served cold; separately pass horseradish and vinegar sauce, cucumbers or pickles, tomato salad or coleslaw.

Larded Fillet of Beef with Boiled Salt Tongue and Champignons

500-600 g fillet of beef (loin)
100 g smoked bacon
40 g salt tongue (boiled)
40 g mushrooms (champignons)
30 g fat
800 g raw potatoes
500 g fresh tomatoes
50 g butter
80 g horseradish
Greens
1/2 cupful meat stock
1 kg white bread
40 g butter (for browning the bread)

Prepare the fillet (a whole piece of it), lard it with the help of a larding-pin and stuff with salt boiled tongue and champignons. Dredge with salt. Heat the fat in a skillet, put the fillet in and turn to brown evenly over high heat. Reduce the heat to low, add the meat juice and the diced raw potatoes. Simmer until done. Cut the fillet into portions and put each on a piece of bread which has previously been browned in butter.
Serve with a garnishing of fried tomatoes, potatoes, grated horseradish and chopped greens.
Season each portion of fillet with butter and serve with the meat juice passed separately.

Braised Beef, Russian Manner

500 g meat (boned)
30 g flour
2-3 onions
1 carrot
1 celery root
60 g rye bread
100 g salt pork
50 g fat
100 g sour cream
600 g garnishing
Salt, pepper
Greens

Wash the meat, cut into pieces and stir in the flour. Fry to crust. Line the bottom of a saucepan with slices of salt pork, put the fried meat in and top with a layer of the chopped onion, carrot and celery mixed together and dredged with salt and pepper, add the diced rye bread and a bay leaf, then put a layer of meat again and then a layer of bread and vegetables. Pour over the brown stock (see the recipe) to cover the meat but not the vegetables and bread. Bring to a boil and transfer the saucepan to the hot oven to bake for 2-3 hours. Add sour cream 30 minutes before the meat is done.
Serve with the vegetables and sauce sprinkled with chopped greens. Garnish with boiled potatoes.

Meat Stewed in Kvass, Syberia Manner

Yield: 5 servings

250 g meat
250 g brisket meat
2 potatoes
1 carrot
1 turnip
1 onion
1 tblsp flour
1 l kvass
50 g butter
Pepper, salt to taste

Wash and cut the meat and brisket meat into pieces (40 g each). Put in a casserole alternate layers of the brisket meat, meat, chunks of potatoes, sliced carrots, turnips, onion, the last layer being the meat sprinkled with the passivated flour. Add salt and pepper. Pour over kvass and cook until it boiled away. Add butter and continue to cook the meat till tender.

Beef Stuffed with Vegetables and Mushrooms

500 g meat (boned)
1 carrot
1-2 parsley roots
50 g bacon
1 lemon
1 cupful vinegar (9%)
20 g flour
50 g butter
50 g capers
20 g dry mushrooms
1/2 cupful wine
Salt to taste

Pound the meat, pour in the vinegar, which has been diluted with an equal amount of water, and set aside for three days. Prepare the filling:
Put the bacon through a mincer and combine with the chopped carrot and parsley.
Remove the meat from the vinegar and stuff with the filling. Cook the stuffed meat in a casserole basting it from time to time.
Sauté the flour, add a little stock and combine with the capers, dry mushrooms, which have been powdered, and slices of lemon; stir in the wine and pan juices.
Cut the meat into portions with the sauce poured over.

Lamb and Beans

500 g lamb
1 cupful beans
1 onion
200 g tomatoes
2 tblsps butter
Salt, pepper
Chopped parsley

Cut the meat into small pieces. Brush with salt and pepper and sauté in butter. Put the browned meat in a shallow saucepan, add the beans which have been soaked for 1 1/2 h. Pour in 2 1/2 to 3 cupsful of water and simmer for about an hour. Add the onion which has been slightly sautéed, and the sliced tomatoes. Braise for 30 to 40 minutes. Before serving, sprinkle with the chopped parsley.

Casseroled Meat

Beef Stew

500 g round, rump or sirloin of beef (boned)
1 tblsp tomato puree
1 carrot
1 onion
1 tblsp flour
1 parsley
2 or 3 bay leaves
2 tblsps butter
8-10 peppercorns or sliver of hot pepper
Salt to taste

Wash, wipe dry and salt a whole piece of meat. Sear in a skillet or frying pan until brown. Transfer to a casserole. Add the tomato puree, washed and sliced vegetables and seasoning. Cover with 3-4 cupsful of stock or hot water. Close with a lid and braise for 2 to 2 1/2 hours. Stir in the flour which has been combined with 1 tblsp butter and a little stock. Continue to cook for

another 30 to 40 minutes over low heat. Slice the meat before serving. Strain and season the gravy with salt. Pour over the meat. Serve with a garnishing of fried potatoes, baked apples, stewed cabbage. Pass cucumbers, salad or pickled fruit or berries.

Beef Stew with Onions and Potatoes

500 g round or rump of beef
800 g potatoes
2 or 3 onions
1 tblsp flour
2 tblsps butter
1 bay leaf
2 cloves
5 or 6 peppercorns or sliver of hot pepper
Salt, pepper
Chopped parsley or dill

Wash and cut the meat into pieces (80-150 g each). Dredge each piece with salt and pepper and roll in flour. Brown on all sides. Put the meat in a casserole. Pour one cupful of water into the skillet, bring to a boil and strain into the casserole. Add 2 more cupsful of boiling water, cover with a lid and simmer for 2 to $2^1/_2$ hours over low heat. Add chopped and sautéed onion, browned chunks of potatoes and seasoning. Braise the meat for another half an hour. Before serving sprinkle with chopped parsley or dill. Pass cucumbers, green or tomato salad.

Casserole of Beef (Zharkoye)

600 g beef
20 g rendered fat
400 g potatoes
2 carrots
200 g turnips
2 onions
60 g tomato puree or 200 g sour cream
15 g flour
Bay leaf, pepper, cloves, cinnamon, mint
Salt to taste

Cut the meat into portions, pound slightly and sauté together with the chopped onion. Slice the carrots, turnips and potatoes. Put the seared meat into a stoneware pot or casserole, add the meat juices, a little stock, seasoning and vegetables. Cover tightly. Braise until done. Drain off part of the juices, stir into browned flour and pour back into casserole. Add tomato puree or sour cream. Cook the meat till tender.

Casserole of Beef with Kvass[14]

600 g beef
40 g rendered fat
2 onions
2 carrots
60 g tomato puree
$2^1/_2$ cupsful kvass[14]
80 g bread crumbs
Salt
Pepper and other spices

Cut the meat into portions, finely chop the carrots and onions. Sauté the meat, onions and carrots. Sprinkle with salt and pepper. When browned, add tomato puree. Transfer to a stoneware pot or casserole, add kvass, bread crumbs and spices. Braise until done. Serve garnished with boiled potatoes.

Meat Stew with Sauerkraut (Solyanka)

200 g boiled or canned meat (minced), ham or sausage
3 tblsps tomato puree
1 tblsp bread crumbs
1 tblsp flour
1 tblsp capers
2-3 tblsps butter
1 kg sauerkraut
2 pickled cucumbers
2 onions
Vinegar, sugar, salt
Bay leaf, pepper
$^1/_2$ cupful meat stock (or water)
Salt to taste

Add to the sauerkraut 1 tblsp butter and meat stock and braise for 40 minutes. Then add one fried onion, tomato puree, vinegar, sugar, salt, bay leaf and pepper and simmer for another 10 minutes. Stir in the flour which has been browned in butter. Mix and bring to a boil. Cut the meat into small cubes, sauté together with onion to a light yellow, add sliced pickles, capers, and 2 or 3 tblsps meat stock. Cover with a lid and boil for several minutes.

Spread half the prepared sauerkraut in a casserole. Lay the meat and garnishing on it and cover with the remaining sauerkraut. Level and sprinkle with bread crumbs and dot with butter. Bake for 10 to 15 minutes to brown. Garnish with sprigs of parsley, olives or bilberries.

Country Beef Stew, Georgian Manner

400-500 g tenderloin, short loin or rump of beef
2 onions
2 pickled cucumbers
2 tblsps tomato puree
1/4 cupful grape wine
2 or 3 tblsps butter
Clove of garlic
Salt to taste
Chopped parsley

Wash the meat. Remove the tendons and cut into small pieces. Add finely cut onion and sauté in butter. Transfer to a shallow saucepan. Add tomato puree, peeled and sliced pickled cucumbers, clove of garlic, salt, wine and two or three tablespoonsful of meat stock. Cover with a lid and simmer for 30 to 40 minutes. Serve sprinkled with the chopped parsley.

Beef Stew with Quince

400 g tenderloin, rump or round of beef (boned)
400 g quince
1 onion
2 tblsps butter
Salt to taste
Pepper
Chopped parsley or dill

Wash and cut the meat into pieces (3 or 4 per portion). Brown in butter in a shallow saucepan. Add water to cover and braise for about an hour. Pare and core the quince; cut into wedges and add to the meat along with sautéed onion, salt and pepper. Continue to cook until the meat is tender. Serve on a hot platter. Sprinkle with chopped parsley or dill.

Larded Beef

800 g beef (boned)
100 g bacon
50 g fat
1 carrot
25 g flour
Salt, pepper, bay leaf, nutmeg, cloves of garlic
50 g parsley
50 g celery
Brown stock

Wash the meat and wipe. Dice the bacon and dredge with salt, pepper, ground nutmeg and cloves.

Lard the meat (a whole piece) and fry in the fat together with the chopped carrot, onion and roots (over high heat). Remove the meat together with the meat juice, onion, carrot and vegetable roots into a saucepan and pour in brown stock (see the recipe), add the tomato puree and bay leaf. Braise until done.

Cut the meat into portions and put them on a dripping pan, pour over the sauce in which the meat has been braised and place in the hot oven for 10-15 minutes to crust. Mix the sauce, in which the meat has been cooked, brown stock and passivated flour; heat stirring constantly.
Before serving, pour the sauce over the portions. Garnish with macaroni sprinkled with grated cheese.

Stuffed Mutton (or Veal) Breast

600 g mutton breast (or veal)
800 g stuffing
50 g fat
Garlic

Meat Stuffing

500 g veal (boned)
100 g boiled tongue
100 g lard
20 g cream or milk

Liver Stuffing

500 g liver
500 g buckwheat kasha
250 g onion
100 g lard
2 eggs

Kasha Stuffing

200 g buckwheat groats or 150 g rice
150 g onion
2 eggs
50 g butter
20 g greens

Meat with Kasha Stuffing

500 g mutton (or veal) (boned)
500 g rice (parboiled)
2 tblsps butter
1/4 cupful water

Prepare the mutton (or veal) breast: Rub the breast with garlic.
Make cuts on the ribs from the inside. Make "pockets" in the flesh between the ribs, poking the knife in those cuts, and fill them with the stuffing, then sew.
Prepare the following stuffings:

Meat Stuffing (for Veal Breast)

Put the veal through the mincer, add cream or milk, salt, pepper. Mix thoroughly. Add the lard and the diced boiled tongue.

Liver Stuffing (for Mutton Breast)

Stir-fry the chopped onion in the melted lard. Add the liver cut into pieces. Fry until ready, then pass through the mincer together with the onion. Add the buckweat kasha and finely chopped hard-cooked eggs.

Rice or Buckweat Kasha Stuffing (for Mutton)

Mix the loose buckwheat (or rice) kasha with the passivated onion, raw eggs and chopped parsley.

Meat and Rice Stuffing

Put the veal or mutton through the mincer, add salt and parboiled rice with butter. Mix thoroughly.
Melt the butter and pour over the stuffed breast. Bake in the oven. Before serving remove the rib bones and cut the breast

acrosswise into portions. Serve with the meat juice poured over.

Stuffed Veal (Veal Zrazy)

500 g veal (boned)	$^1/_2$ cupful milk
1 large onion	3 tblsps butter
100 g dry bread (without crust)	Salt, pepper
	2 tblsps tomato puree

Cut the veal into thin slices the size of the palm of your hand and pound lightly. Put a tablespoonful of stuffing on each piece of meat, roll it up, tie with a thread and sprinkle with salt. Heat the butter in a skillet, put in the zrazy and turn to brown evenly over high heat. Then turn down the heat and add 1 cupful of meat stock and 2 tblsps tomato puree. Simmer until tender (40-50 minutes). Remove the strings and pour over gravy before serving. Pass savoury tomato sauce.

Stuffing

Shred the onion and sauté in butter; soak the bread in milk and squeeze dry. Combine these ingredients, season with salt and pepper and mix thoroughly. Fry in butter over low heat until slightly browned.

Lamb Stew (Ushnoye)

I

600 g lamb	250 g carrots
40 g fat	15 g flour
200 g onion	3-4 cloves of garlic
200 g turnips	Salt, pepper

Cut the lamb into 25-30-g pieces, dredge with salt and pepper and sear. Put the meat and sliced vegetables in a casserole, cover tightly with a lid and cook until tender. Add the garlic. Drain off part of the juice and stir into flour which has been browned. Pour this sauce into the casserole.

II

600 g lamb	120 g carrots
40 g fat	120 g turnips
40 g onion	1 tsp flour
500 g potatoes	3-4 cloves of garlic

Prepare as directed above, adding the potatoes along with the other vegetables.

Casserole of Lamb with Pickled Cucumbers or Mushrooms

600 g lamb	150 g pickled cucumbers
60 g fat	or 120 g pickled
400 g potatoes	mushrooms
200 g carrots	3-4 cloves of garlic
40 g onion	Seasoning
120 g turnips	Salt to taste

Cut the meat into portions and sauté with onion and carrots cut fine. Put them in a stoneware pot or casserole. Add meat juice, sliced carrots, turnips, potatoes and meat stock. Cook until the vegetables are almost done. Add the pickles or mushrooms, which have been shredded, and garlic. Season to taste and cook until done. Pickled mush-

rooms must be washed in hot water before using.

Braised Lamb, Georgian Manner (Chanakhi)

500 g lamb
750 g potatoes
200 g tomatoes
300 g eggplant
200 g string beans
1 onion
Salt, pepper
Parsley or kindza[10]

Wash the meat and cut into pieces (2 or 3 per portion). If available, use a 2- or 3-litre stoneware casserole. Add finely chopped onion, chunks of potatoes, tomatoes cut in half, string beans from which the strings have been removed, diced eggplant, parsley greens or kindza[10]. Season with salt and pepper. Add two cupsful of water. Cover with a lid and bake for $1^1/_2$ to 2 hours. Serve in the casserole.

Braised Lamb with String Beans

500 g lamb
400 g string beans
1 onion
2 or 3 tblsps butter
Salt, pepper
Chopped parsley or dill

Wash the meat, cut into pieces (3 or 4 per portion) and brown in butter in a shallow saucepan. Add water to cover, close tightly with a lid and braise for 30 to 40 minutes. Add the sautéed onion and cut string beans from which the strings have been removed. Season with pepper and salt. Braise until the meat is tender. Serve on a hot platter. Sprinkle with chopped parsley or dill.

Veal or Lamb Kidneys in Wine Sauce

500 g veal or lamb kidneys
200 g boiled and sliced mushrooms
1 tblsp flour
$^1/_4$ cupful wine (Madeira)
1 cupful meat stock
2 tblsps butter
Chopped parsley
Salt to taste
Pepper
Boiled potatoes

Remove the fat and membrane, split the kidneys in half lengthwise and slice; add the mushrooms, dredge with salt and pepper and sauté in butter. Sprinkle with flour and brown for 1 or 2 minutes longer stirring constantly. Stir in the wine and meat stock. Cook for 3 or 4 minutes. Serve on a hot platter. Sprinkle with parsley. Serve buttered boiled potatoes separately.

Beef Kidney Stew, Russian Manner

500 g beef kidneys
600 g potatoes
1 onion
3 or 4 pickled cucumbers
1 tblsp flour
2 or 3 tblsps butter
1 or 2 bay leaves
5 to 8 peppercorns (or sliver of hot pepper)

Cut away the fat and membrane, cover with cold water and bring to a boil. Discard the water, rinse the kidneys, add fresh water

and boil. Simmer until tender (about 1 to $1^1/_2$ hours). Make the sauce by browning the flour in one tablespoonful of butter. Stir in $1^1/_2$ cupsful of the hot liquor the kidneys have been cooked in and boil over low heat for 5 to 10 minutes. Cut the kidneys into pieces and mix with the onions which have been sautéed. Fry together for 2 or 3 minutes longer and transfer to a shallow saucepan. Add the potatoes which have been cut into chunks and fried, separately boiled sliced pickles and seasoning. Pour over the sauce which has been strained, cover with a lid and braise for 25 to 30 minutes. Serve on a hot platter with garnishing. Sprinkle with chopped parsley or dill.

Stewed Pork Kidneys

Substitute pork kidneys in the above recipe but do not boil before frying.

Beef Heart Stew

500 g beef heart
1 tblsp flour
1 onion
2 tblsps tomato puree
2 tblsps vinegar
1 tsp sugar
2 tblsps butter
2 bay leaves
Salt to taste

Wash and dry the heart with a napkin or cloth. Cut into medium-sized pieces, dredge with salt and brown in butter. Before the meat is completely browned, sprinkle with flour and brown for 1 or 2 minutes longer. Transfer the meat to a shallow saucepan. Pour about $^1/_2$ cupful of meat stock or water into the skillet, bring to a boil, make the sauce and strain into the saucepan. Add another $1^1/_2$ cupsful of stock or water, cover with a lid and simmer over low heat for 2 to 3 hours. Sauté the onion separately in butter in a skillet, add the tomato puree, vinegar, sugar and bay leaves, and bring to a boil. After adding to the meat, cook for another 20 to 30 minutes. Taste to correct seasoning. Serve with a garnishing of buckwheat kasha[18], boiled rice, fried or boiled potatoes.
Beef heart may also be prepared according to the directions for beef stew.

Braised Lung

500 g lung
1 onion
1 tblsp tomato puree
1 tblsp flour
1 tblsp butter
1 bay leaf
Salt
Pepper

Wash the meat and put it in hot water. Simmer for $1^1/_2$ to 2 hours then cut into medium-sized pieces. Dredge with salt and pepper and brown in butter. Sprinkle with flour, add the finely chopped onion and fry a few minutes longer. Transfer the meat to a saucepan, add 2 to $2^1/_2$ cupsful of the meat stock, tomato puree and a bay leaf. Cover with a lid and simmer for another 10 to

15 minutes. Serve garnished with boiled or fried potatoes.

Braised Beef Heart or Udder

500 g beef heart or udder
1 tblsp flour
1 tblsp butter
1 tblsp tomato puree
1 onion
1 bay leaf
Salt, pepper

Wash the meat. Cut into cubes weighing 30 to 40 g and wash again. Dredge with salt and pepper and brown in butter together with a finely chopped onion. Sprinkle with flour and brown a few minutes more. Transfer to a saucepan and add hot water to cover. Add tomato puree and a bay leaf. Cover with a lid and simmer for 1 to $1^1/_2$ hours. Serve with a garnishing of fried or boiled potatoes.

Cabbage Leaves Stuffed with Meat (Golubtsy)

100 g meat (boned)
800 g plain cabbage
$^1/_4$ cupful cereal (rice, millet, or barley)
1 onion
1 tblsp flour
2 tblsps tomato puree
2 tblsps sour cream
2 tblsps butter
Salt
Pepper
Chopped parsley or dill

Put the meat through the mincer. Cook and cool the cereal. Mix together the cereal, ground meat, slightly browned onion, salt and pepper. Parboil whole cabbage leaves for 5 to 7 minutes and then cool. Chop off the stems. Put some of the meat, cereal and onion mixture on each leaf and roll up sausage-like closing the ends by folding the leaf inward. Brown in butter in a frying pan and transfer to a saucepan. Combine the sour cream, tomato puree and one cupful of water in a frying pan, add the flour, bring to a boil and salt to taste. Pour this sauce over the golubtsy, bring to a boil and cover. Simmer over low heat (or bake uncovered) for 30 to 40 minutes. Serve with the sauce. Sprinkle with chopped dill or parsley.

Stuffed Grape Leaves (Dolma)

500 g lamb (boned)
$^1/_2$ cupful rice
1 onion
1 cupful stock
400 g grape leaves
1 tblsp butter
Chopped dill
Salt, pepper

Put the meat through the mincer, add the boiled rice, chopped onion and dill. Season with salt and pepper. Wash the grape leaves, cut off hard stems and spread the leaves on the table in pairs.

Put a bit of stuffing on the wide end of the leaves, fold the edges inward and roll into a sausage shape. Sprinkle with salt and place the dolmas in rows in a shallow casserole. Pour over butter and the bone stock. Cover tightly and simmer over low heat for about an hour. Serve the dolmas on a platter. Pass sour milk mixed with grated garlic and salt, or cinnamon mixed with powdered sugar.

Fillet of Beef in Sour Cream with Onions

500 g fillet of beef
1 kg potatoes
1/2 cupful sour cream
1 onion
1 tblsp flour
1 tblsp Yuzhny sauce[1]
3 tblsps butter
Salt, pepper

Wash and trim the meat; allow one or two pieces per portion. Pound slightly, dredge with salt and pepper. Fry in butter over high heat, turning as soon as browned. In a separate frying pan, sauté the finely chopped onion, then add flour and continue to brown a little longer. Add the sour cream and meat juice. Cook this sauce for 3 to 5 minutes, add the Yuzhny sauce and taste to correct seasoning. Serve with sauce poured over. Garnish with fried potatoes.

Beef Stroganoff

500 g fillet, rump or short loin of beef
3/4 cupful sour cream
1 kg potatoes
1 tblsp Yuzhny sauce[1]
2 onions
1 tblsp flour
3 tblsps butter
Salt
Pepper

Wash and trim the meat. Slice into medium-sized pieces and pound or beat to flatten. Then cut into shoestrings. Shred the onion and sauté in butter. When the onion is golden brown, add the meat which has been dredged with salt and pepper. Fry for 5 or 6 minutes stirring constantly with a fork. Sprinkle flour over the meat, stir and fry for another 2 or 3 minutes. Add the sour cream, stir and cook for 2 to 3 minutes more. Add Yuzhny sauce. Taste to correct seasoning. Garnish with fried potatoes. The meat and potatoes may be sprinkled with chopped dill or parsley.

Pork Stuffed with Apples

500 g loin of pork
200 g tart apples
60 g fat
300 g red sauce
50 g butter (for bliny)
Chopped dill or parsley
Salt, pepper to taste

Cut the loin of pork into portions and pound slightly, dredge with salt and pepper.
Pare and core the apples, then shred. Put the apples on each portion of pork and fold like an envelope. Fry in the fat over high heat to brown on both sides. Lay in the saucepan, pour in meat stock and braise for 45-50 minutes. When almost done add the red sauce and simmer for about 5 minutes.
Before serving, sprinkle with the chopped dill or parsley. Serve bliny[23] with butter separately.

Baked Cutlets

4 cutlets
400 g milk sauce
4 eggs
Nutmeg (ground)
Salt to taste
Pepper

Beat the cutlets, sprinkle with salt and pepper and fry in a skillet over high heat for

5 minutes. Put the cutlets into the buttered saucepan. Make a milk sauce with eggs and ground nutmeg and pour over the cutlets; cover with a lid and bake in the oven.

Baked Veal Kletski[11]

400 g veal (boned)
60 g dry bread
1 cupful cream (or milk)
2 raw eggs
50 g butter
2 cupsful sauce
20 g grated cheese
600 g garnishing
Nutmeg, salt, pepper
Chopped greens
Mushrooms (champignons)

Prepare the kletski as directed above. When done remove them from the stock and put in a buttered skillet. Pour over the tomato sauce or sauce with egg yolks. Cut the boiled mushrooms (champignons) and lay them on the kletski. Top with a layer of egg whites beaten stiff which have previously been mixed with the grated cheese. Bake in the oven at a temperature of 140 °C (250 °F) for about 10 minutes. Serve in the frying pan.

Baked Fillet of Beef

500 g fillet of beef
50 g butter
100 g mushrooms
2-3 onions
2 hard-cooked eggs
2½ cupsful red sauce with wine
400 g flaky paste (for flat cakes)

Prepare the fillet of beef. Cut into 4 pieces and fry each portion in a separate buttered skillet. Sauté the chopped onions in butter. Boil or fry the mushrooms (champignons) and cut them. Put the onions and mushrooms on a piece of fillet and top with the chopped hard-cooked egg. Pour over the red sauce with wine. Prepare the flaky paste, make 4 flat cakes and cover each portion of fillet with one cake, brush with a beaten egg. Bake at a temperature of 180°-190 °C (325°-350 °F).

Sucking Pig Roll

1 kg sucking pig
200 g ham
100 g lard
1 onion
1 carrot
Greens
Vinegar
Salt, pepper to taste

Singe the sucking pig over a spirit flame to remove any bristles if necessary and then wash it. Cut off the head and cut the creature in half at the middle. Cut the flesh off the bones. Sprinkle it with salt and pepper. Put the finely chopped onion, greens, slices of ham, lard. Roll the flesh up, wrap in a cloth and tie with a thick thread. Put the roll into a saucepan, pour in water to cover, add salt and boil for about an hour. Then add vinegar, onion, carrots and cook for about one hour longer.

When ready, cool slightly in the stock, then remove and slice the roll crosswise, return to the saucepan with the stock and bring to a boil. Transfer to a platter and pour over the sour cream sauce. Serve with the boiled potatoes.

Grilled, Fried and Roast Meat

Basturma (Grilled Beef Fillet, Armenian Manner)

500 g fillet of beef
2 onions
1 tblsp grape vinegar
100 g green onions
200 g tomatoes
1/2 lemon
Salt
Pepper

Trim the meat and cut into 40-50-g pieces. Marinate in a crockery basin. Dredge with salt and pepper, pour over vinegar, add the finely chopped onion and mix. Cover and set aside in a cool place for 2 to 3 hours. Skewer the meat and grill for 8 to 10 minutes turning frequently. Remove the basturma from the skewer and serve on a hot platter garnished with tomatoes, green onions and lemon slices.

Shashlyk (Grilled Lamb, Caucasian Manner)

500 g best loin of lamb
2 onions
1 tblsp oil
Salt, pepper
100 g green onions
200 g tomatoes
1/2 lemon
1 tblsp vinegar

Cut the meat into pieces about 5 cm square and mix with salt, pepper, finely sliced onion and vinegar (or teaspoonful lemon juice). Cover with a lid and set aside in a cool place for 2 or 3 hours to marinate. About 15 to 20 minutes before serving, skewer the pieces of meat, alternating with sliced onion. Grill the shashlyk over a charcoal fire turning frequently until tender. Take the meat off the skewer. Pour over butter and garnish with green onions, tomatoes and lemon slices. Pass ground dry barberries or pomegranate juice, Yuzhny[1] or sour plum sauces.

Shashlyk, Kara Manner

500 g best loin of lamb
2 kidneys
1 onion
100 g green onions
1 tblsp vinegar
1/2 lemon
Salt, pepper
Chopped parsley

Cut the best loin of lamb into 250 g portions, trim and make incisions so that the meat does not gather. Cut the kidneys in half. Put the meat and kidneys in a basin, dredge with salt and pepper, add the finely sliced onion, chopped parsley and pour over vinegar (or lemon juice). Mix and set aside to marinate in the refrigerator for 2 to 3 hours. Skewer the piece of lamb putting half a kidney at each end. Grill the shashlyk over charcoal turning frequently till evenly done. Remove from the skewer and serve in one portion together with the kidneys. Garnish with sliced lemon. Sprinkle with green onions and chopped parsley. Pass Yuzhny sauce[1].

Fried Boiled Beef

500 g boiled meat
1 onion
1 cupful sour cream
1 cupful meat stock
1 raw egg
Salt to taste
Pepper
Dry bread crumbs

Fry the boiled meat in the saucepan together with the chopped onion. Pour in the sour cream and cold meat stock, stir and bring to a boil. Remove the meat from the saucepan, cool and cut into portions. Chill the sauce and mix together with the eggs. Beat thoroughly.
Dip the pieces of the meat into the sauce and put them into the casserole, add butter, sprinkle with dry bread crumbs and bake in the oven. Serve with any sauce suitable for meat.

Grilled Fillet

500-600 g fillet of beef
50 g butter
1 lemon
1-2 onions
100 g green onions
Salt, pepper to taste

Cut the best loin of beef into 250-g portions, trim, butter and put on a hot grate which has previously been rubbed with fat. (The grate should be placed over charcoal.) Grill the fillet turning frequently till done. Then dredge with salt and pepper.
The fillet may also be skewered and grilled over a charcoal fire turning frequently until tender.

Take the meat off the skewer (or grate). Pour over the butter and garnish with sliced onion, green onions, sprigs of parsley and lemon slices.

Fried Fillet of Beef

500 g loin of beef
70 g butter
600 g garnishing
Salt to taste, pepper

Cut the fillet of beef into portions 4-5 cm thick and give them the shape of a cylinder. Dredge with salt and pepper and fry over high heat in the hot skillet with fat. Before serving, pour over the pan juices.
Serve with a garnishing of fried potatoes or other vegetables.

Fillet of Beef in Red Sauce with Wine and Champignons

500 g loin of beef
50 g butter
100 g champignons
600 g garnishing
2 cupsful red sauce with wine

Prepare the fillet as directed above. When done, put the portions into a deep dish and cover with a layer of the cooked champignons which have been previously heated in butter. Pour over the red sauce with wine. Serve with a garnishing of fried potatoes.

Fillet of Beef in Tomato Sauce

500 g fillet of beef
50 g butter
150 g bread
100 g liver pasty
400 g sauce
200 g fresh tomatoes
Chopped parsley or dill

Brown the slices of bread in butter and cover with a layer of liver pasty.
Fry the fillet of beef cut into portions (see above), put each portion on the browned bread with pasty and top with slices of tomatoes which have been sautéed in butter, pour tomato sauce over each portion. Sprinkle with chopped dill or parsley. Serve with a garnishing of fried potatoes or other cooked vegetables.

Fillet of Beef with Vegetables and Baked Chestnut Puree

500 g fillet of beef
400 g chestnuts
100 g butter
200 g meat juice
400 g garnishing
Cooked vegetables (carrots, green peas, potatoes, beets)
$^1/_3$ cupful milk
Salt, sugar to taste

Shell and hull the chestnuts, crush and pour over the milk. Cover with a lid and cook for 30-40 minutes. Press the chestnuts through a sieve together with the milk. Add the butter, salt and sugar and heat stirring constantly.
Put the puree into a decorating bag with a tooth-edged tube and squeeze out the mixture in small portions giving them the shape of small baskets. Bake in the oven until done. Separately cook vegetables (carrots, potatoes, beets, green peas), dice them and put into the baskets made of the chestnut puree. Pour the meat juice over the fillet which has been fried as directed in the above recipes and serve with the accompaniment of the chestnut baskets.

Fillet of Beef in Red Sauce with Tarragon and Wine

500 g fillet of beef
20 g butter
600 g garnishing
2 cupsful sauce

Put the fried hot fillet of beef into a casserole with fried potatoes, carrots, green peas and asparagus seasoned with butter. Scald the leaves of tarragon with salt boiling water and put on the fillet. Pour over the red sauce with wine and serve.

Tenderloin Roll

500 g beef tenderloin
150 g lard
Garlic, salt,
Pepper to taste

Wash and trim the meat. Pound slightly, sprinkle with salt, pepper and finely crushed garlic. Put the meat on the thin layer of lard the size of the meat piece and roll it up. Tie with a thread and refrigerate for an hour. Then stir-fry, basting from time to time.

Serve with fried potatoes and canned fruits. Pour over the meat juice.

Veal Liver in White Wine

600 g veal liver
50 g flour
50 g butter
1 cupful grape white wine
1/2 cupful meat stock
1 tblsp tomato puree
600 g garnishing (boiled rice)

Prepare the veal liver, slice thin. Dredge with salt and pepper, role in flour and sear in the skillet. Add the wine and concentrated meat stock; simmer for 10-12 minutes. Season the boiled rice with the passivated tomato puree, spread on the dish and put the liver in the middle. Pour over the sauce in which the liver has been braised.

Stuffed Veal Liver

400 g veal liver
40 g butter
100 g dry white bread
50 g sour cream
2 raw egg yolks
Salt to taste

Wash the liver. Remove the skin and any ducts. Pour in water to cover, add salt and cook until half done. Chill the liver and put through a mincer. Add the melted butter, white bread which has been soaked in milk and squeezed, sour cream, egg yolks and salt. Mix thoroughly. Wrap the forcemeat into the buttered oil-paper, put into the buttered saucepan and bake in the oven. Serve with vegetables.

Liver Thick Pancakes

500 g beef liver
100 g dry bread
50 g butter
50 g melted butter

Yield: 5 portions

Wash the liver. Remove the skin and any ducts; pass through a mincer together with the dry bread which has been previously grated.
Add the butter, mix thoroughly and divide the mixture into thick pancakes. Fry in the buttered very hot skillet. Before serving pour over the melted butter.

Fried Kidneys

Prepare the veal kidney and dry it with a cloth. Do not remove the fat. Slice into rounds crosswise. Dredge each slice with salt and pepper and flour. Heat butter in a skillet and fry the kidneys on both sides for 5 or 6 minutes. When done sprinkle with chopped green parsley, pour over lemon juice and serve in the frying pan. Separately serve fried shoestring or cubed potatoes and quarter pieces of lemon.

Liver in Sour Cream

500 g beef, lamb or pork liver
1/2 cupful sour cream
1 tblsp flour
1 cupful meat stock (or water)
1 onion
2 tblsps butter
Salt, pepper

Wash the liver. Remove the skin and any ducts and cut in strips. Season with salt and pepper, dust with flour and fry in hot butter on both sides. Put the liver in a casserole. Add the sautéed finely chopped onion, sour cream, pan juices and one cupful of meat stock or water. Cover with a lid and simmer for 25 to 40 minutes. When the liver is done put it on a platter. Salt the gravy to taste, pour over liver. Sprinkle with chopped parsley. Serve with a garnishing of fried or boiled potatoes.

Braised Liver with Mushrooms

600 g veal liver
100 g dried mushrooms
400 g potatoes
200 g onion
200 g fat or boiled butter
200 g sour cream
Salt, pepper

Cut the liver into pieces (3 or 4 per portion) and sauté. Cut up the mushrooms which have been soaked and then boiled. Sauté the mushrooms together with the onions sliced into rings. Put the liver, mushrooms and onions in a casserole. Pour over the mushroom liquor, sour cream and, if desired, tomato paste. Put the fried potatoes on top. Braise until done.

Fried Brains

1 set of brains
1 tblsp flour
1/2 lemon
5 or 6 peppercorns (or slice of hot pepper)
2 tblsps butter
2 or 3 bay leaves
1 to 1 1/2 tblsps vinegar (3%)
Salt
Pepper
Chopped parsley or dill

Soak the brains in cold water for 30 to 40 minutes. Drain and remove the membrane. Put the brains in a saucepan, add water to cover. Add vinegar (or lemon juice), salt, bay leaves and peppercorns. Bring to a boil and then simmer for 25 to 30 minutes. Drain and dry slightly. Cut each part in half, season with salt and pepper, dredge with flour. Fry in butter, browning the both sides. When done pour over butter and lemon juice. Sprinkle with chopped parsley or dill. Serve with garnishing of fried or mashed potatoes, potatoes in milk, peas, string beans, carrots or any other vegetables.

Sautéed Veal Knuckles or Pig's Trotters

4 veal knuckles or pig's trotters
2 eggs
1/2 cupful flour
1 cupful dry bread crumbs
1 carrot
1 parsley
1 onion
3 or 4 tblsps butter
Salt
Pepper

Scald the knuckles, dry, then dust with flour and singe to remove any possible hairs. Rinse the hocks again and then separate the meat from the bones. Put the meat and bones in a saucepan, cover with cold water, and the vegetables and salt. Bring to a boil and simmer for 3 to 4 hours. Drain and remove any meat from the knuckles, season with salt and pepper, dredge in flour, dip in eggs and then in bread crumbs. Sauté in butter. Serve with a garnishing of mashed potatoes, green peas, pickles.

Boiled Veal Knuckles

Prepare the knuckles as directed above. Instead of frying, serve the boiled meat with white stock sauce seasoned with vegetables. Garnish with mashed potatoes, peas or turnips.

Ham with Tomatoes

500 g ham
400 g tomatoes
1 tsp lemon juice
3 tblsps butter
Salt, pepper
Chopped greens

Slice and sauté the ham in butter. At the same time separately sauté the tomatoes cut in half and seasoned with salt and pepper. When done, put the tomatoes on the slices of ham, sprinkle with chopped greens, pour over the lemon juice and serve at once in the pan.

Roast Sucking Pig with Buckwheat Kasha[18]

1 kg sucking pig
25 g sour cream
120 g fat
120 g onion
½ kg buckwheat kasha[18]
2 eggs
100 g brains

Have the sucking pig split open lengthwise. Chop the back and pelvic bones on the inside of the creature; wash and wipe it. Dredge the inside with the salt; flatten out the creature and brush the skin with sour cream. Cover the ears with dough so that they do not burn. Roast, basting frequently. Remove the dough from the ears after roasting for 20 to 30 minutes. When done, carve lengthwise first then cut into pieces crosswise and put together again on a platter. Serve with buckwheat kasha mixed with fried onion, chopped hard-cooked eggs and pieces of slightly browned boiled brains. Pour over the pan juices.

Fried Tripe with Buckwheat Kasha[18]

500 g tripe
1 onion
3 tblsps butter
Salt, pepper
1 cupful buckwheat groats

Prepare and cook the tripe according to the directions in the recipe for boiled tripe. Put the tripe through the mincer, season with salt and pepper and sauté in butter. Add finely chopped and separately sautéed onion

and fluffy buckwheat kasha[18] prepared from one cupful of buckwheat groats. Mix together and fry for another 3 to 5 minutes.

Forcemeat

The cheaper cuts of beef, pork, lamb or veal are usually used for forcemeat. The meat, however, should not be too lean. Put the meat through the mincer, season with salt and mix. Add dry bread (without crust) which has been soaked in water or milk and squeezed dry. Put through the mincer again once or twice. Pepper and raw or slightly sautéed onion may be added.

Cutlets and Round Patties

500 g meat (boned)
125 g white bread
1/2 cupful bread crumbs
3/4 cupful milk or water
2 tblsps butter
Salt, pepper

Prepare the meat following the directions given above. Shape into cutlets or round patties, dredge in bread crumbs and smooth with a knife. Fry the cutlets or patties in hot butter on both sides for 8 to 10 minutes. Pour butter, sour cream, red or tomato sauce, Yuzhny or Lyubitelsky sauce[1] may also be passed. Garnish with fried or boiled potatoes, kasha[18], noodles or vegetables.

Meat Balls in Tomato Sauce (Tefteli in Tomato Sauce)

500 g meat (boned)
100 g green onions or
1 dry onion
1/2 cupful tomato puree
100 g white bread
2 or 3 cloves of garlic
1 tsp savoury tomato sauce
2 tblsps flour
2 tblsps butter
1 cupful meat stock
1 or 2 bay leaves
5 or 6 peppercorns or a sliver of hot pepper
Salt
Chopped parsley

Prepare the forcemeat, add chopped green onions or grated dry onion and mix thoroughly. Divide the mixture and roll into balls 20 to 30 grams each. Roll in flour, fry in butter and transfer to a casserole. Add the tomato puree, stock, spices and also the crushed garlic rubbed together with salt. Cover with a lid and simmer for 10 to 20 minutes. Season with salt and savoury tomato sauce, sprinkle with chopped parsley. Serve with boiled rice, buckwheat kasha[18], fried or mashed potatoes.

Meat Roll Stuffed with Buckwheat Kasha[18]

500 g meat (boned)
100 g white bread
2 hard-cooked eggs
1 raw egg
1 onion
1 tblsp bread crumbs
1 cupful red sauce
3 tblsps butter
1 1/2 cupsful prepared buckwheat kasha[18] or rice
Salt, pepper

Prepare the forcemeat as directed above. Mix the cold buckwheat kasha with chopped hard-cooked eggs and the onion sautéed in

butter; taste to correct seasoning. Spread a cold-wet cloth on the table. Mould the forcemeat into an oblong shape $1^1/_2$ cm thick. Along the centre spread the cold buckwheat kasha mixture. Fold over the edges of the meat to cover the stuffing. Carefully move the roll to a buttered baking dish. Brush with a beaten egg, dust with bread crumbs and pour over butter. Puncture the top layer in two or three places and bake for 30 to 40 minutes. When done, transfer to a platter, cut into portions and pour over red sauce.

Stuffed Beef Zrazy

450 g beef	1 egg
100 g dry white bread	100 g dry bread crumbs
$^1/_2$ cupful milk	400 g garnishing
3 onions	300 g sauce
50 g fat	Salt, pepper
20 g butter	Chopped herbs

Prepare the forcemeat following the directions given above. Shape into round flat "cakes" (1 cm thick). Prepare the stuffing as follows:
Chop the onions and sauté in butter, add the chopped hard-cooked eggs, dry white bread which has previously been grated, chopped herbs, salt and pepper. Thoroughly mix. Put a tablespoonful of stuffing on each flat forcemeat cake, fold and pinch the edges. Give the zrazy the shape of a small brick, dredge them with dry bread crumbs, put in a hot skillet with fat and brown over high heat. Then put in the oven and bake until done. Serve with buckwheat kasha.
Tomato or sour cream are suitable for use with zrazy, but the latter may also be served simply with melted butter poured over and sprinkled with chopped parsley or selery.

Beef Drop Dumplings (Kletski[11]) with Curds

400 g beef (boned)	2 raw eggs
150 g curds (or cottage cheese)	Salt to taste
	20 g butter

Yield: 5 portions

Pass the meat through a mincer two times, combine with the curds, dredge with salt, mix and put through the mincer once more. Add the butter to the mixture, beat thoroughly. Divide the mixture and roll into balls 20 to 25 grams each. Steam. Serve with a garnishing of mashed potatoes.

Veal Kletski[11] in Sauce

400 g veal (boned)	1 raw egg
60 g dry white bread	50 g butter
1 cupful cream	Ground nutmeg
(or milk)	600 g garnishing
2 cupsful sauce	

Prepare the meat. Put through a mincer twice, add the bread which has previously been soaked in milk (crust removed) and squeezed. Add the raw egg and mixing tho-

roughly add the cream or milk in small portions. Stir the ground nutmeg and pepper in the last portion of cream and then add to the mixture; press through a sieve and blend with the melted butter. Divide the mixture into small dumplings with the help of two spoons and cook in a boiling meat stock. When done remove the kletski from the stock and serve with the white sauce with egg yolks or sour cream sauce or tomato sauce made of fresh tomatoes.

Serve sprinkled with the chopped parsley or dill. As a garnishing pass boiled rice, millet kasha[18], or macaroni seasoned with butter and grated cheese.

Minced Veal Dredged with Dry Bread and Cheese

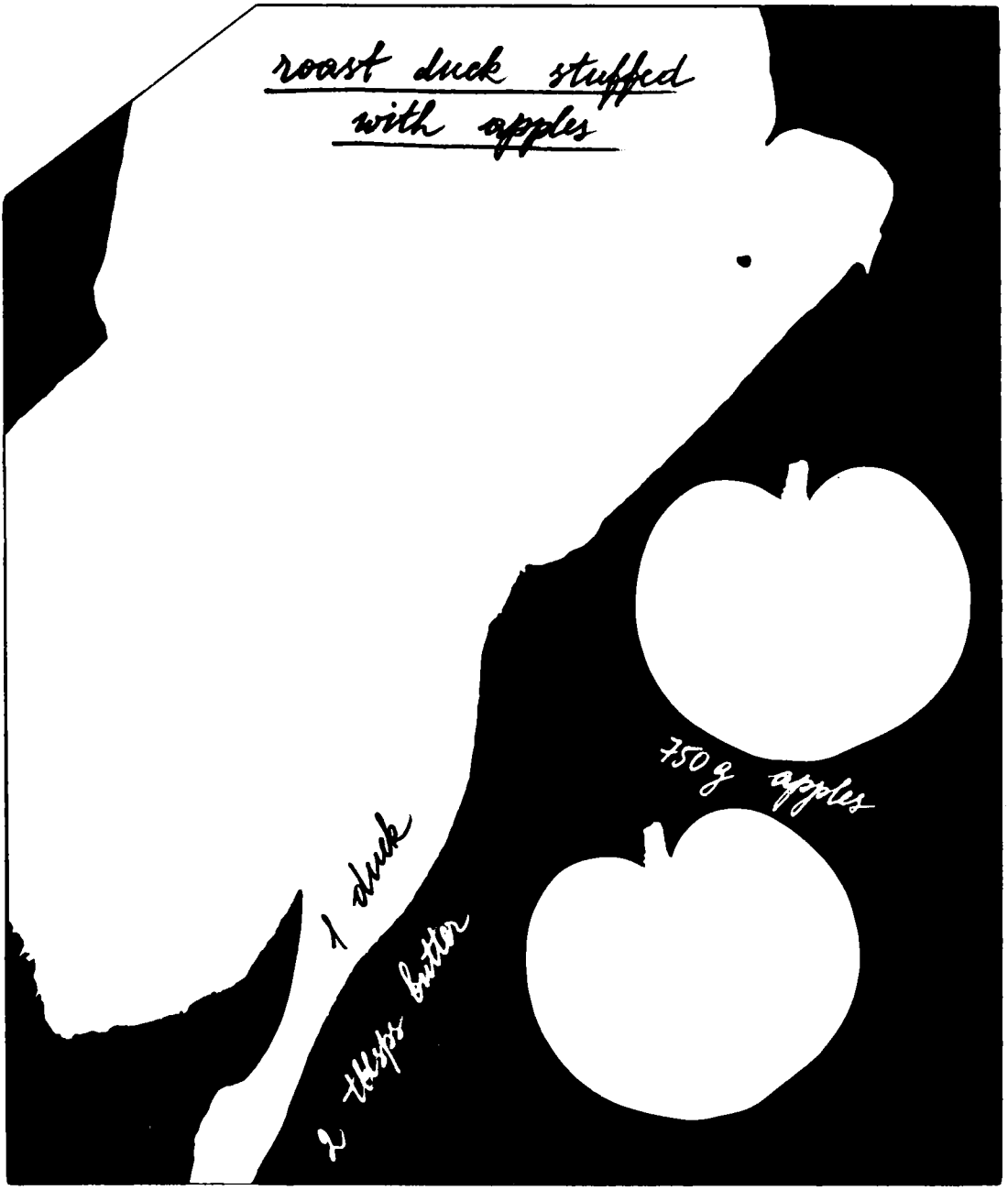
300 g fillet of veal	100 g fat
30 g cream (or milk)	60 g dry bread crumbs
2 raw eggs	60 g grated cheese

Prepare the meat. Put it through a mincer, add the cream (or milk), blend thoroughly. Divide the mixture into thin flat "cakes" (1 cm thick), brush with the beaten eggs and dredge with the bread crumbs which have been mixed with the grated cheese.

Fry in a buttered frying pan, serve with boiled vegetables and butter poured over.

POULTRY AND WILDFOWL

roast duck stuffed with apples



Boiled Chicken with Cornel

½ chicken (500-600 g)
100 g fresh cornel
50 g raisins
1 tblsp sugar

Boil the chicken until tender, drain and cut into portions. Wash the raisins and cornel (seeded). Pour in just enough broth to cover the berries, add sugar and cover the saucepan with a lid, cook for 5 to 10 minutes. Serve the chicken with cornel gravy poured over.

Fried Chicken with Tomatoes and Squash

1 "spring" chicken
2 tblsps sour cream
Chopped parsley or dill
Salt, pepper
Tomatoes
1 squash

Cut the prepared chicken into four portions. Slash or remove the sinews or tendons in the leg and wing joints and pound slightly. Season with salt and pepper. Heat butter in a shallow saucepan and put the chicken in skin down. Brown on both sides. Pour over the sour cream, cover the pan and simmer for 10 to 15 minutes. In a separate skillet fry the tomatoes cut into halves and round slices of squash. Serve the chicken garnished with the tomatoes and squash. Pour over strained pan juices. Sprinkle with chopped parsley or dill.

Fried Chicken, Georgian Manner (Tsyplenok-Tabaka)

1 chicken
10 g butter
Salt to taste
Freshly ground pepper
Garlic to taste
Tomato or walnut sauce

Clean, wash and cut the bird lengthwise along the breast. Spread out the bird and rub it with crushed garlic and salt on both sides. Heat the butter in a skillet and when hot put in the bird and cover with a flat lid. Put a heavy weight on the lid to keep the bird pressed flat to the bottom of the skillet. Fry until golden brown, turn it over and cook over medium heat for another 30 minutes.
This fried chicken may be served with or without a garnishing. If garnishing is desired, serve fried potatoes, tomatoes, boiled rice, cucumbers, etc. Separately pass a tart tomato or walnut sauce.

Broiled Chicken with Tkemali Sauce

Choose a medium-sized chicken. Dredge with salt and pepper and skewer diagonally from leg to wing. Broil over hot charcoals for 20 to 30 minutes, turning and basting regularly with butter until evenly browned. Remove the chicken from the skewer and serve garnished with lettuce, fresh-salted cucumbers and tomatoes. Pass tkemali sauce (see below).

Tkemali Sauce (Tart Plum Sauce)

200 g dried tart plums
1 crushed clove of garlic
Pepper
Chopped kindza[10] or dill
Salt

Wash and stew the plums until soft. Remove the seeds and rub through a strainer. Add

plum liquor until the paste is as thick as sour cream. Mix in the seasoning, bring to a boil and then cool. This sauce may also be served with shashlyk[19] and other grilled meats.

Chicken Chakhokhbili (Casseroled Chicken, Georgian Manner)

1 chicken
2 onions
2 tblsps tomato puree
1 tblsp vinegar
$^1/_2$ cupful meat stock
2 tblsps Madeira or Port wine
2 or 3 tblsps butter
Salt to taste
Pepper
Tomatoes
Chopped greens
Lemon slices

Prepare the chicken, wash and joint it into medium-size pieces, brown in hot butter in a shallow casserole. Add finely chopped onion, tomato puree, vinegar, wine, meat stock and seasoning. Cover the casserole with a lid and simmer for $1^1/_2$ hours. Add sliced tomatoes and cook for another 5 to 7 minutes. Serve the chicken with a slice of lemon on each piece of chicken. Sprinkle with chopped greens.

Lamb Chakhokhbili

Substitute 500 g lamb for the chicken in the above recipe. Cut the meat to have 3 or 4 pieces per portion.

Cutlets, Kiev Manner

70 g chicken breast per portion
30 g butter
$^1/_4$ egg
25 g bread crumbs
Fat for deep frying

Separate the small breast fillet from the large one and remove the wishbone. Remove the skin and flesh from the wing bone, chop off the thick part of what might be termed the shoulder joint and then chop off part of the wing bone at a slant. Remove the membrane on the large and small fillets with a sharp knife, wetting it from time to time with cold water. Lay the large fillet flat on a dry carving board (this will keep the fillet from slipping) inside upward. Hold the fillet down with the left hand and with a knife cut away the outer sinew leaving no flesh on it. On the inside, slit the fillet through the middle from top to bottom on each side of the tendon. Cut the tendon in two or three places with a tap of the point of the knife. Pound the fillet slightly. Next remove the sinew from the small fillet as follows: hold down the sinew with the end of the knife blade nearest the handle and with the left hand pull the flesh away and pound slightly.

Combine the butter, egg yolk and salt, shape into a sausage and chill. When firm put the roll of butter in the middle of the large fillet and cover it with the small one. Fold over the edges of the large fillet and shape like a cigar. Roll the cutlet in flour, dip in egging, crumb it, then again dip it in egg and bread crumbs. Fry in deep fat until golden yellow,

remove from the frying kettle and set it in a moderate oven for a few minutes. Serve the garnishing in tartlets.

Roast Turkey Stuffed with Giblets

1 turkey	$^1/_2$ cupful milk
500 g giblets	25 g butter
200 g dry white bread	Salt pepper to taste
3 egg yolks	Sugar to taste

Wipe the turkey dry and singe over a gas flame. Chop off the neck and feet, remove the giblets and wash thoroughly. Clean out and remove the lining of the gizzard. Carefully cut the gall away from the liver.
Wash the giblets thoroughly and cook until tender, chop finely, salt and combine with the bread which has been soaked in milk, add the egg yolks, butter, dash of pepper and sugar. Mix thoroughly and stuff the prepared turkey with the mixture; sew up the vent. Brush the bird with sour cream and roast in the usual way basting with pan juices from time to time.

Roast Goose or Duck Stuffed with Apples

1 goose	(750 g apples for
1 $1^1/_2$ kg antonovka	1 duck)
or other tart	2 tblsps butter for
apples	garnishing

Prepare the goose or duck and stuff with pared apples cut in quarters. Sew up the vent and roast in the usual way pouring $^1/_2$ cupful of water into the roasting pan. Baste the bird with pan juices. Roasting time for a goose or duck is $1^1/_2$ to 2 hours. The goose or duck may be garnished with baked apples, stewed cabbage, buckwheat kasha[34] or potatoes.

Casseroled Giblets

500 g giblets	1 onion
600 g potatoes	$^1/_2$ cupful tomato puree
2 carrots	1 tblsp flour
1 parsley root	2 tblsps butter
2 cupsful stock	Salt, pepper, bay leaf

Prepare and wash the poultry giblets. Dredge with salt, sauté slightly, sprinkle with flour and fry a few minutes longer. Transfer to a shallow casserole, add the stock (or water), tomato puree, cover with a lid and simmer for $^1/_2$ hour. Then add the potatoes which have been cut into chunks and fried, the vegetables and seasoning. Stir together carefully and cook for another $^1/_2$ hour.

Pozharsky Cutlets

This is one of the few dishes whose author is definitely known. Pozharsky was an innkeeper in the old Russian town of Torzhok. The former inn building now bears a plaque with an inscription to the effect that the poet Alexander Pushkin was known to have frequented this inn and recommended to his friends "the cutlets fried at Pozharsky's".

1 chicken (1 kg)	2 tblsps dry bread
100 g white bread	cubes
$^1/_2$ cupful milk or	4-5 tblsps butter
cream	Raw egg

Bone the chicken and put the meat through the mincer. Add the bread which has been soaked in milk (or cream) and squeezed dry. Put through the mincer again. Stir in the creamed butter. Season and mix thoroughly. Divide and shape into cutlets, dip them in the beaten egg and milk and roll in dry bread cubes.

Fry until golden brown. Serve garnished with carrots or turnips in white milk sauce. Par-boil the finely diced vegetables in stock, add milk and taste to correct seasoning with sugar and salt. Drain off the stock and stir it into flour blended with an equal amount of butter. Pour over vegetables and bring to a boil. Cook until tender.

Casseroled Hare with Sour Cream

1 hare (about 3 kg)
2 carrots
2 parsley roots
2 onions
1 cupful vinegar
2 cupsful sour cream
2 tblsps flour
3 tblsps butter
Salt to taste
Chopped parsley or dill

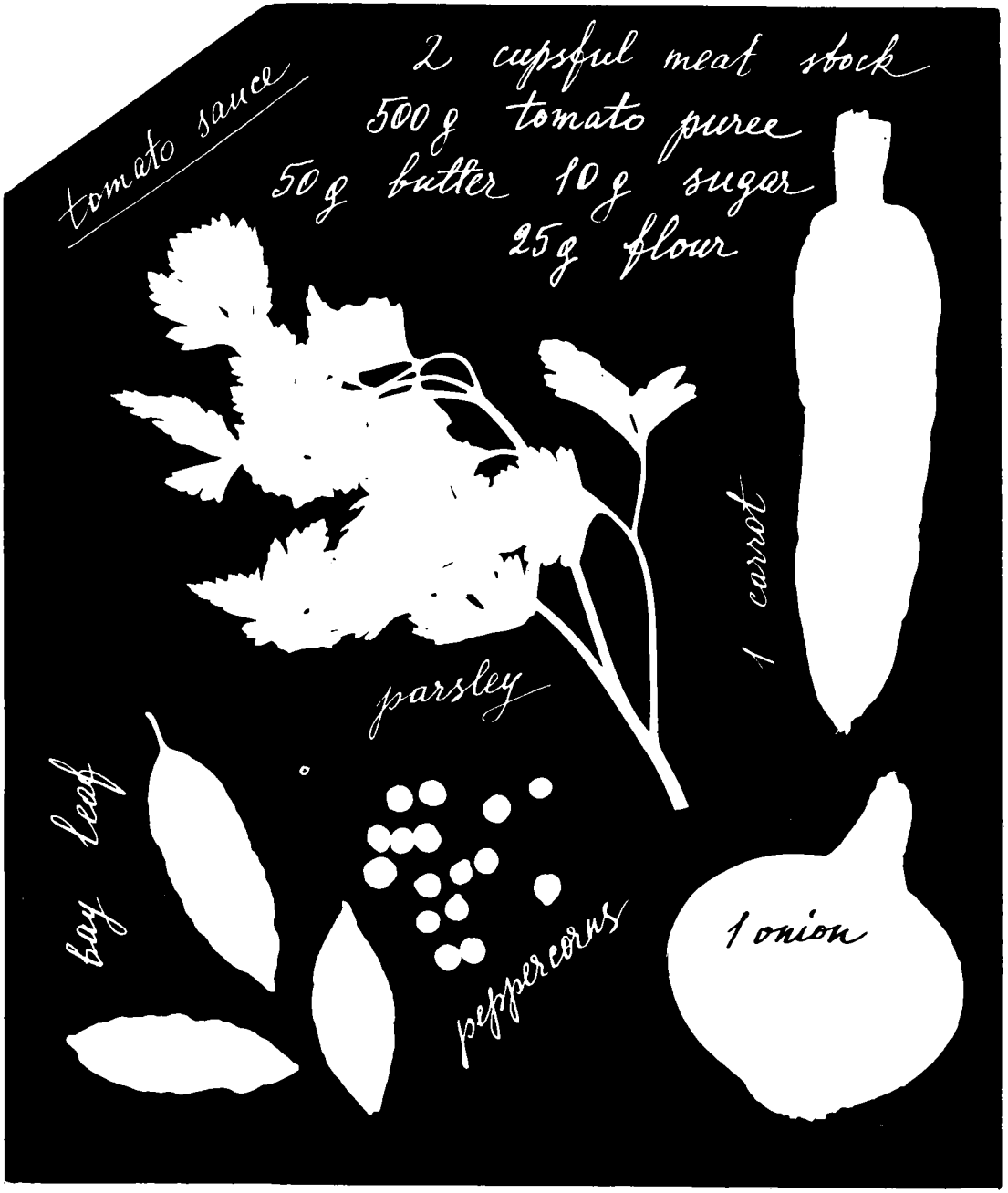
I

Chop the prepared hare into three pieces (loin, rump and shoulder), cut away the membranes. Cover the meat with 1 litre of water to which one cupful of vinegar has been added. Set aside to marinate for 2 or 3 hours. Drain, season with salt, put on a baking pan together with sliced vegetables, pour butter over and bake in a hot oven until golden brown. Baste regularly with pan juices. When the meat is tender, chop into portions and put into a shallow casserole. Make a sauce by combining the pan juices and the sour cream. Bring to a boil and pour over the carved hare. Cover with a lid and bake for 25 to 30 minutes.

II

Chop the prepared hare into portions and soak in marinade for 1 to $1^1/_2$ hours. Drain and fry in butter and put the pieces in a saucepan. In a separate saucepan mix, season with salt and bring to a boil the meat juices and sour cream. Stir in the flour which has been combined with creamed butter and one cupful of stock (or water). Stirring constantly, cook for 3 or 4 minutes. Strain and pour over the hare. Sprinkle with chopped parsley or dill. Garnish with boiled or fried potatoes.

SAUCES


tomato sauce
2 cupsful meat stock
500 g tomato puree
50 g butter 10 g sugar
25 g flour
1 carrot
parsley
bay leaf
peppercorns
1 onion

Hot Sauces

Sauce is the basic element of different dishes (meat, fish, mushrooms, etc.) for it helps vary the flavours. Many of the sauces are made with the stock (fish, meat, mushroom) or liquor made specially by cooking bones, fish heads and trimmings.

Brown stock is used to make red sauces while white stock is the basic element of white sauces.

Brown Stock

800 g bones	Parsley and celery
1 onion	roots
1 carrot	Salt to taste

Make this stock with the bones left after the meat (beef, veal, mutton, pork, poultry and wildfowl) has been cut away for the main course (cutlets, fricassée, etc.). Wash and finely chop the bones, put in a dry skillet and fry in the direct-heat oven at 160 °C (290 °F) until brown along with the chunks of onion, carrot and vegetable roots. Stir from time to time not to burn the bones. Put the fried bones in a saucepan, add cold water and simmer for 10-12 hours (do not cover the saucepan with a lid), skimming and removing fat from time to time. Salt the stock and add the browned vegetables 2 hours before the stock is ready. For improving the flavour, the meat juice, left after thawing the meat, and pan juices may be added to the stock. When the stock is done, remove the fat and strain through a cheesecloth. To have the brown stock in store (for several days) cook it uncovered until $^1/_{10}$ the original amount is left. Evaporate the stock in a soup kettle over low heat. When done, chill the brown stock and keep in the refrigerator. It will jelly and remain suitable for use during a week and longer.

To use the concentrated brown stock for making sauces, warm it and dilute with boiling water in proportion 1 :10.

White Stock

800 g bones	Salt to taste
1 onion	1 parsley root
1 carrot	1 celery root

Wash and finely chop the meat bones (beef, veal, mutton, pork, poultry and wildfowl). Pour in cold water and bring to a boil. Skim and remove fat. Reduce heat to low and simmer for 4 hours, skimming and removing fat from time to time.

Brown the chunks of onion, carrot and parsley and celery roots and add to the stock an hour before the stock is ready, add salt to taste.

When the stock is done, strain it and bring to a boil. The white stock is used to make white sauces.

Fish Stock

500 g fish trimmings	1 celery root
1 onion	1 parsley root
1 carrot	Salt to taste

Chop up the large bones and heads (gills and eyes removed), wash them and put in a soup kettle along with fins and tails.

Pour in cold water, bring to a boil, skim, remove fat and add the vegetable roots.
When the fish has a specific smell and taste, cook in cold spiced liquor (see the recipe in the section "Soups"). Cook over low heat skimming and removing fat from time to time. Add sprigs of celery and parsley, which gives the stock pleasant flavour and greenish colour. (Cooking time of the stock is about an hour.)
When the stock is done, let it stand for 20 minutes and strain through a cheesecloth.

Mushroom Stock

50 g dried mushrooms
1 l water

Look over the dried mushrooms and rinse them in warm water. Pour in cold water to cover and let them soak for 4 hours. Cook in the same water until tender (without salt). Remove the mushrooms from the stock, rinse in cold water and shred them or put through a mincer. The minced mushrooms are to be used in making sauces.
Salt the mushroom stock and strain.

Passivation of Flour

To improve the taste and flavour of sauces, stir in the passivated flour. The passivated flour has a specific taste and smell of fried nuts.

Red Passivation of Flour

I

Pour the flour in a dry frying pan in a layer 0.5 cm thick and stir-fry until golden-yellow.

II

Melt butter in a frying pan and add the flour (0.5 cm thick layer). Stir-fry until yellow-brown.

White Passivation of Flour

Follow the directions for the red passivation of flour but do not let the flour change the colour.

Passivation of Vegetable Roots and Onion

Dice or shred the carrot, parsnip, parsley, celery and onion. Melt the fat in a frying pan and separately stir-fry the vegetables in it. Do not let the vegetables change the colour.

Passivation of Tomato Puree

Melt butter in a saucepan and add the tomato puree which has been pressed through a sieve. Stir-fry for 30 minutes.

Basic Red Sauce

1 l brown stock
30 g butter
200 g tomato puree
2 tblsps flour
1 carrot
1 onion
Vegetable roots
1 tblsp sugar

Prepare the brown stock as directed above and stir in the browned flour (see "Red Passivation of Flour"). Mix to blend. Bring to a boil stirring constantly and then add the passivated vegetable roots, onion, carrot and tomato puree. Simmer the mixture for about an hour. Add sugar to taste. Strain and put the vegetables through a sieve, then return the mixture to the sauce.
This sauce is a basic element of other sauces with onion, mushrooms, wine, vinegar, etc.

Red Sauce with Spices

4 cupsful basic red sauce
70 g butter
2 cloves of garlic
Salt to taste
Dash of pepper (black or paprika)

Prepare the basic red sauce as directed in the above recipe. Add ground pepper (black or red), cloves of garlic which have been rubbed with salt, mix, bring to a boil, salt and strain. Stir in the butter. Blend thoroughly.
This sauce is suitable for use with forcemeat cutlets, rolls, roast meat, tongue, etc.

Red Sauce with Wine

3 1/2 cupsful red sauce
1/2 cupful grape wine
50 g Yuzhny sauce[1]

Prepare the basic red sauce (see above). Add the wine, blend and bring to a boil. Simmer for 2-3 minutes. Season with Yuzhny[1] or any other spicy sauce.
This sauce is suitable for fried veal kidneys, tongue, ham, Kiev cutlets.

Red Sauce with Onion

3 1/2 cupsful basic red sauce
75 g butter
4 onions
5 tblsps vinegar (9%)
3-4 peppercorns
2 bay leaves
Salt and sugar to taste

Finely chop the onions and stir-fry in butter (see not to change the colour). Stir in the vinegar, add the peppercorns and bay leaves. Simmer for 10 minutes. When the sauce is done add the butter and blend.
This sauce is suitable for use with braised meat and cutlets.

Red Sauce with Onion and Gherkins

3 1/2 cupsful red sauce with onion
100 g gherkins
50 g Yuzhny[1] sauce
75 g butter

Prepare the red sauce with onion as directed above. Season with Yuzhny[1] or any other spicy sauce. Add the butter, gherkins which have been previously diced and sugar to taste.
This sauce is suitable for use with fried or roast meat.

Red Sauce with Onion and Mustard

3 1/2 cupsful red sauce
4 tblsps butter
1 tblsp mustard
50 g Yuzhny[1] sauce
Salt, pepper, bay leaf

Prepare the basic red sauce with onion (see above). Add 1 tblsp mustard and mix to blend.
This sauce is suitable for use with forcemeat cutlets and meat stew.

Red Sauce with Onion and Mushrooms

3 1/2 cupsful basic red sauce
4 tblsps butter
150 g mushrooms (fresh)
1/2 cupful white wine
3 onions
Bay leaf, peppercorns
Salt to taste

Finely chop the onions and sauté in butter. Add the mushrooms which have been boiled and cut, peppercorns and a bay leaf. Mix and stir-fry for 5-6 minutes. Pour in the white wine and simmer to evaporate 2/3 the amount. Combine with the basic red sauce, mix, add salt and simmer for 10-15 minutes. When the sauce is ready, add the butter and blend. This sauce is suitable for use with vegetable dishes, fish and meat.

Hunting Sauce

3 cupsful basic red sauce
4 tblsps butter
2 onions
10 g tarragon
Chopped parsley and dill
6 tblsps tomato puree
1/2 cupful white wine
150 g mushrooms (fresh) or 50 g dried mushrooms
Sugar, salt to taste

Finely chop the onions and sauté in butter. Boil and cut the mushrooms. (Before cooking, soak the dried mushrooms in cold water for 2-3 hours.) Mix the onion and mushrooms and stir-fry for about 7 minutes. Pour in the wine and simmer to evaporate until 1/3 its amount is left. Add the red sauce which has been made as directed, the passivated tomato puree, salt and sugar to taste and simmer for 10-15 minutes. Then strain. Add the chopped parsley and dill and the tarragon leaves. Before serving blend with the butter.
This sauce is served with fried and roast poultry and wildfowl, veal cutlets and roast mutton.

Red Sauce with Pepper and Vinegar

3 1/2 cupsful basic red sauce
100 g meat stock (concentrated)
5 tblsps grape vinegar
40 g chopped greens
1 carrot
Sugar and salt to taste
Cloves, nutmeg, paprika, cummin
4 tblsps butter
1 onion

Finely chop the onion and vegetale roots, pour in the grape vinegar and a little meat stock, add the spices (cloves, ground nutmeg and greens); pour the mixture into a saucepan, cover with a lid and simmer for 25-30 minutes. Stir in the basic red sauce (see above) and boil for another 10-15 minutes. By the end of cooking add the concentrated stock (see above), salt and sugar, strain. Blend with melted butter and a dash of paprika.

This sauce is good for use with roast meat, chicken and shashlyk.

Red Sauce with Vegetable Roots

3 1/4 cupsful basic red sauce
4 tblsps butter
50 g leek
1 onion
1 carrot
Parsley and celery roots
1/2 cupful wine (Madeira)
30 g canned string beans
Bay leaf, pepper
Salt to taste

Chop the onion and dice the vegetable roots and sauté in butter. Stir in the basic red sauce and the wine (Madeira), peppercorns, bay leaf and salt to taste. Simmer for 15-20 minutes. By the end of the cooking add the cut string beans. Before serving add the melted butter, blend. Remove the peppercorns and bay leaf and pass with meat stew.

Red Sauce with Wine and Tarragon

3 1/2 cupsful basic red sauce
4 tblsps butter
100 g concentrated brown meat stock
1/2 cupful white wine
1 onion
1 carrot
Celery, parsley, tarragon
Pepper, salt to taste

Finely chop the onion and vegetable roots. Sauté in butter and stir in the wine, lay in the tarragon sprigs and simmer to evaporate until 1/3 the amount of wine is left. Combine the mixture together with the basic red sauce and concentrated brown stock. Boil for 25-30 minutes over low heat. Season with salt and ground pepper, strain, add the tarragon greens. Bring to a boil.
This sauce is suitable for use with fried or roast beef and veal, mutton and pork, chicken and other dishes.

Red Sauce with Red Wine and Garlic

3 1/4 cupsful basic red sauce
150 g ham bones
1/2 cupful red wine
1 cupful grape vinegar
6-8 cloves of garlic
50 g green onions
Celery, parsley
Paprika
3-4 peppercorns
Salt to taste

Chop the ham bones as fine as possible, pour the grape vinegar in the saucepan and add the bones, chopped vegetable roots, green onions, peppercorns and garlic. Simmer for 15-20 minutes over low heat. Pour in the hot basic red sauce and boil until the sauce becomes as thick as cream. Strain and stir in the red wine. Add paprika, salt and bring to a boil.
Pass with poultry and wildfowl dishes.

Red Sauce with Walnuts and Prunes

3 cupsful basic red sauce
3 tblsps butter
120 g prunes
50 g raisins
50 g shelled walnuts
1/5 cupful red wine
3 tblsps grape vinegar
Peppercorns
Bay leaf
Salt to taste

Put the prunes in the saucepan and pour in water to cover. Boil until done and strain. Mix the basic red sauce with the liquor, wine or vinegar and add 2 or 3 peppercorns and a bay leaf. Simmer over low heat for 10-15 minutes. Strain the sauce and season with salt, sugar and melted butter, add the pitted prunes, raisins and walnuts which have been scalded and finely crushed. Bring the sauce to a boil.
If desired, 2 tblsps grated horseradish may be added to the sauce.
The sauce is to be served with boiled meat.

Red Sauce with Ham, Capers and Mushrooms

3 cupsful basic red sauce
3 tblsps butter
100 g ham
1 onion
30 g capers
Gherkins
75 g mushrooms (champignons)
3 tblsps grape vinegar
Pepper
Salt

Chop the onion and sauté in butter. Dice the ham and add to the onion. Stir-fry for 3-5 minutes. Mix with the cut gherkins and small capers. Pour in the grape vinegar. Bring to a boil and stir in the basic red sauce. Lay in the champignons which have been boiled and cut. Bring the sauce to a boil, add salt to taste and stir in the butter.
The sauce is served with hare, pork, mutton.

Red Sauce with Black Currant Preserves

3 cupsful basic red sauce
½ cupful red wine
1 cupful brown meat stock
150 g black currant preserves
200 g ham bones
Tarragon leaves
3 tblsps butter
Parsley greens
Salt to taste
Peppercorns
Bay leaf

Chop the ham bones, sauté in a frying-pan, pour in the red wine and meat stock. Add peppercorns, bay leaf, tarragon leaves and black currant preserves. Bring to a boil and simmer for 20-25 minutes until the extra moisture evaporates. Salt and strain. Before serving stir in the butter. The sauce is passed with forcemeat cutlets, meat stew and roast poultry.

Tomato Sauce

(For use with roast meat or forcemeat cutlets)

3 cupsful tomato puree
1 cupful meat stock (concentrated)
150 g butter
Sugar, salt, pepper to taste

Stir the passivated tomato puree in the highly concentrated meat stock and boil. When the mixture thickens, add butter, sugar, salt and pepper. Heat but do not boil the sauce when seasoned.

Tomato Sauce Made of Fresh Tomatoes

(For use with roast meat and various kinds of zapekanka[21])

1.500 g tomatoes (fresh)
300 g butter
Salt, pepper to taste

Wash and dice the ripe tomatoes. Parboil them in their own juice until ready. Rub through a sieve and cook till the sauce thickens. Season with butter, salt and pepper.

Basic White Fish Sauce

1 l fish stock
2 tblsps flour
2 tblsps butter
Bay leaf
Salt, pepper to taste

In a saucepan brown the flour combined with butter. Add the fish stock and mix constantly to blend. Put the previously passivated vegetables and cook for 30 minutes. From time to time skim the fat and waste matter.
When the mixture thickens, season with salt and pepper. Add the bay leaf. Cook for several minutes longer and then strain.

Boiled Sauce

(For use with boiled or steamed fish)

900 g basic white sauce
125 g butter
Lemon juice or citric acid
Salt, pepper to taste
White grape wine to taste

Put the lumps of cooled butter 1-2 g in weight into the hot basic white fish sauce and stir until the butter completely combines with the sauce. Add the lemon juice or citric acid. Season with salt and pepper. Strain and add the previously boiled white grape wine to improve the sauce taste.

White Wine Sauce

(For use with boiled and steamed fish)

900 g basic white fish sauce
100 g butter
1/2 onion
4 egg yolks
100 g white grape wine
30 g parsley
Lemon juice or citric acid
Salt, pepper to taste

Clean, wash and chop the parsley (the root) and onion. Sauté in a saucepan. Put into the basic white fish sauce and cook for 30-35 minutes over low heat. Before removing from heat add the previously boiled white wine. Then cool to 70 °C (130 °F) and add egg yolks which have been parboiled with the lumps of butter. Stir the sauce constantly for the yolks not to coagulate. Simultaneously add salt, pepper and lemon juice or citric acid. Mix thoroughly and strain the sauce.

Pickle Brine Sauce

(For use with steamed fish)

850 g white fish sauce
100 g pickle brine
50 g white grape wine
50 g mushrooms
150 g pickled cucumbers
100 g butter
Salt, pepper to taste

Boil the pickle brine and white wine. Pour into the hot fish white sauce and cook for

10 minutes. Remove from heat, add salt, pepper and strain. Add the lumps of cooled butter, mix thoroughly and heat to 75 °C (130 °F). Peel, slice and cook the pickled cucumbers. Boil and dice the mushrooms (edible boletus or champignons). Before serving put the pickles and mushrooms into the sauce and heat but do not boil.

Crayfish Sauce

(For use with steamed fish)

850 g basic white fish sauce
100 g butter
100 g white grape wine
50 g crayfish butter
1 onion
60 g carrots and parsley roots
Lemon juice or citric acid
Salt, pepper to taste

Sauté in a saucepan the diced carrot, chopped parsley root and onion. Put them into the white sauce and cook for 25-30 minutes over low heat. Before removing from heat pour in the previously boiled white wine and lemon juice or citric acid. Season with salt and pepper. Add the lumps of butter and crayfish butter quickly stirring. Strain the sauce.

White Fish Sauce with Eggs

(For use with hot boiled fish)

400 g basic white fish sauce
300 g butter
8 eggs
Lemon juice or citric acid

Finely chop up hard-cooked eggs. Add the eggs, lemon juice or citric acid, chopped parsley, salt and pepper to the white fish sauce. Mix thoroughly.

Basic Tomato Sauce

(This sauce is used as the basic element of tomato sauces with wine and vegetables.)

500 g basic white fish sauce
500 g tomato puree
1 tblsp butter
½ onion
½ carrot
Parsley
Lemon juice or citric acid
Sugar to taste
Bay leaf
Peppercorns
Salt to taste

Clean, wash and cut up fine the carrot, onion and parsley. Sauté in a saucepan. Put the tomato puree, passivated roots and onion, bay leaf, peppercorns into the white fish sauce and cook for 25-30 minutes over low heat, stirring from time to time. Remove from heat, add salt, sugar, pepper, lemon juice or citric acid, bring to a boil and strain.

Tomato Sauce with Wine

(For use with steamed, boiled and fried fish)

850 g basic tomato sauce
100 g white grape wine
100 g butter

Add the previously boiled white wine into the hot tomato sauce. Bring to a boil and season with butter.

Tomato Sauce, Russian Manner

(For use with steamed and boiled fish)

700 g basic tomato sauce
70 g butter
1 carrot
Parsley
75 g cartilage
75 g mushrooms (edible boletus)
50 g pickled cucumbers
60 g olives
30 g capers

Finely dice the carrot and parsley root and sauté in a saucepan. Peel, scoop out the seeds, slice and boil the pickles. Dice the boiled cartilages of sturgeon and fresh mushrooms (edible boletus). Pit the olives. Remove the capers from the brine. Put everything into the sauce and heat.

Egg-and-Nut Sauce

(For use with cold fish)

40 g pistachio nuts
75 g sweet almond
75 g milk sauce
6 egg yolks
11 vegetable oil
2 lemons
Greens
Tarragon
Salt, pepper to taste

Shell and grind the nut meat (pistachio nuts and sweet almond). Add the cold thick milk sauce, egg yolks, salt and pepper. Mix thoroughly till smooth. Rub through a thick sieve. Pour in the vegetable oil (olive butter is better) and lemon juice. Scald the greens and tarragon, drain in a collander, dry and rub through a thick sieve. Mix with the egg-and-nut mixture.

Sauces Made with Mushroom Stock

Mushroom Sauce

(For use with potato dishes)

50 g dried mushrooms
2 tblsps flour
4 onions
Salt to taste

Cook the mushrooms as directed. Remove them from the stock. Blend the flour with small portions of the hot mushroom stock. Mix thoroughly, salt and boil for 7-10 minutes. Add boiled sliced mushrooms and passivated onion. Boil for 10 minutes longer.

Mushroom Sauce with Onion and Tomato Puree

(For use with potato cutlets, cereals and potato pudding)

750 g mushroom sauce
3 onions
200 g tomato puree
Bay leaf
Peppercorns
Salt to taste

Add the passivated tomato puree, onion, bay leaf and peppercorns into the ready mushroom sauce and cook for 10-15 minutes.

Sweet-Sour Mushroom Sauce

(For use with potato cutlets and cereals)

300 g mushroom sauce
50 g prunes
20 g raisins
100 g tomato puree
Sugar to taste

Add the raisins, pitted prunes, sugar and passivated tomato puree into the mushroom sauce and boil for 10-15 minutes.

Sour Cream Sauces

Sour Cream Sauce

(For use with meat and fish dishes and hot snacks)

1 kg sour cream
1 tblsp flour
50 g butter
Pepper, salt to taste

Put the passivated flour into the sour cream which has been brought to a boil. Mix thoroughly. Season with salt and pepper. Sour cream is used as the basic element of various sour cream sauces.

Sour Cream with White Sauce

(For use with boiled fish)

500 g white sauce (meat or fish)
500 g sour cream
50 g butter
Salt, pepper to taste

Pour the sour cream in the white sauce. Add salt and pepper. Boil and strain.

Sour Cream Sauce with Onion

(For use with meat dishes and for baking the fish)

700 g sour cream
4 onions
30 g butter
40 g Yuzhny[1] sauce
Salt to taste

Sauté the finely chopped onion in butter until ready and combine with the hot sour cream. Cook for 10 minutes. Add salt, the Yuzhny sauce[1] or any other spicy sauce and mix thoroughly till smooth.

Sour Cream Sauce with Tomato Puree and Onion

(For use with forcemeat cutlets, golubtsy[26] and stuffed cabbage)

750 g sour cream
4 onions
100 g tomato puree
30 g butter
Salt to taste

Sauté the finely chopped onion in butter until half-ready, add the tomato puree, salt and sauté for 5-7 minutes longer. Combine with the sour cream sauce and cook for 15 minutes over low heat.

Sour Cream with Horseradish

(For use with boiled meat and tongue and for baking the meat)

800 g sour cream
1 tblsp butter
200 g horseradish root
75 g vinegar (9%)
Bay leaf
Peppercorns
Salt to taste

Scrape, wash and grate a horseradish root. Sauté in butter so that its colour will not change. Add peppercorns, bay leaf. Pour in the vinegar and bring to a boil. Combine with the sour cream, season with salt and cook for 10 minutes longer.

Milk Sauces

Milk sauces are made with milk and passivated flour (white passivation) with the addition of spices. The milk sauces may be of various consistency: a thick sauce, a sauce of medium thickness and a thin sauce.

A thick sauce is suitable for hen cutlets; sauce of a medium thickness, for baked vegetables, meat and fish; a thin sauce, with hot vegetable dishes and cereals.

Thick Sauce

900 g milk
120 g flour
120 g butter
Sugar, salt to taste

Sauce of Medium Thickness

1 l milk
½ cupful flour
90 g butter
Sugar, salt to taste

Thin Sauce

1 l milk
2 tblsps flour
50 g butter
Sugar, salt to taste

Heat and blend the flour and butter. Gradually add the hot milk, constantly stirring with a wooden spoon. Add salt and cook for 10 minutes.

Sweet Milk Sauce

1 l milk
2 tblsps flour
50 g butter
120 g sugar
Vanilla powder

Mix the vanilla powder with a small amount of water, add the sugar and combine with the ready thin milk sauce. Mix thoroughly.

Milk Sauce with Cheese

(For use with baking fish)

650 g thick milk sauce
1 cupful fish stock
50 g butter
100 g cheese
Salt, pepper to taste

Dilute the thick milk sauce with the fish stock. Add the grated cheese and mix thoroughly. Season with butter, salt and pepper.

Milk Sauce with Onion

I

(For use with fried mutton, cutlets)

800 g medium milk sauce
40 g butter
3 onions
1½ cupsful meat stock
Salt, pepper to taste

Sauté the finely chopped onion in butter so that its colour will not change. Add a small amount of stock and parboil. Combine the stock and onion with the milk sauce of a medium thickness and cook for 10 minutes. Season with salt and pepper. Mix thoroughly, rub through a sieve, add butter and warm.

II

(For use with fried rabbit, boiled poultry and meat)

2½ cupsful milk	40 g butter
1½ cupsful meat stock	40 g flour
3 onions	Nutmeg
	Salt, pepper to taste

Cook the chunks of the onions in milk. Remove from the milk and finely chop. Melt the butter and blend with the flour, gradually stir in the milk and stock. Add ground nutmeg, salt and pepper. Cook for 7-10 minutes and strain through a thick sieve. Put the chopped onion into the strained milk sauce and bring to a boil.

Milk Sauce with Madeira

(For use with poultry and wildfowl)

700 g milk or cream	½ cupful Madeira
7 egg yolks	150 g meat stock
100 g butter	Salt, pepper to taste

Mix the egg yolks with milk or cream. Heat in a saucepan with a thick bottom constantly stirring with a wooden spoon. Do not bring to a boil. When the mixture thickens, remove from heat, add the stock and the previously boiled Madeira. Season with salt and pepper. Strain the sauce, warm and add butter; blend.

Milk Sauce with Egg Yolks

(For use with puddings)

1 l milk sauce of a medium thickness
4 egg yolks

Cook the egg yolks in cream. Add them into the milk sauce stirring constantly till the mixture thickens.

Sauce with Dry Bread Crumbs

(For use with boiled vegetables, cauliflower, white cabbage, asparagus, artichokes)

900 g butter	Lemon juice
200 g dry bread crumbs	(1 lemon)
Salt to taste	or citric acid

Melt the butter, separate from the sediment and strain. Add the fried bread crumbs, lemon juice or citric acid. Season with salt and mix.

Egg-and-Butter Sauces

Egg-and-Butter Sauce

(For use with cauliflower, asparagus, and boiled fish)

800 g butter	Lemon juice
12 egg yolks	(1 lemon)
100 g water	Salt to taste

I

Put the egg yolks into a saucepan with a thick bottom and pour in cold water. Mix thoroughly. Add 2-3 g pieces of butter and cook stirring constantly over low heat till

the mixture thickens. Season with salt and lemon juice or citric acid.

II

Cook the egg yolks blended with water over low heat (in a saucepan with a thick bottom) until the mixture thickens. Melt the butter and gradually add to the mixture stirring constantly. Season with salt, lemon juice or citric acid.

Egg-and-Butter Sauce with Basic White Fish Sauce

(For use with boiled vegetables, fish dishes and as the basic element of other sauces)

100 g egg-and-butter sauce with lemon juice	Lemon juice (1 lemon) or citric acid
200 g basic white fish sauce	Salt to taste

Pour in the egg-and-butter sauce with lemon juice into the ready basic white fish sauce. Season with salt and lemon juice or citric acid. Mix thoroughly till smooth, then strain.

Egg-and-Butter Sauce with Vinegar

(For use with fried fish, meat and kidneys)

600 g butter	50 g vinegar (9%)
12 egg yolks	50 g stock
200 basic white sauce	(meat or fish)
	Salt, pepper to taste

Pour in the egg yolks blended with the basic white (fish or meat) sauce into a saucepan with a thick bottom. Whip the mixture with a wooden spoon over low heat till it thickens. Separately boil the vinegar with pepper and set aside to cool for an hour, then pour in the melted butter stirring constantly. When the butter and vinegar combine with the egg yolks and the mixture thickens, dilute it with meat or fish stock. Season with salt and strain.

Egg-and-Butter Sauce with Cheese

(For use with parboiled fish, flatfish and sheatfish, in particular)

500 g egg-and-butter sauce	100 g cheese
100 g stock (fish)	1 lemon
400 g thin milk sauce	Salt to taste

Combine the egg-and-butter sauce with the fish stock. Add the thin milk sauce without sugar, lemon juice, salt, grated cheese, mix everything thoroughly.

Egg-and-Butter Sauce with Tomato Puree

(For use with boiled, parboiled and fried fish)

900 g egg-and-butter sauce	1 lemon
150 g tomato puree	Salt, pepper to taste

Boil the tomato puree till it becomes as thick as the tomato paste. Combine with the

egg-and-butter sauce. Mix thoroughly. Season with salt, pepper and lemon juice.

Egg-and-Butter Sauce with Whipped Cream

(For use with cauliflower, asparagus, artichokes, parboiled and boiled fish)

900 g egg-and-butter sauce
150 g cream (35%)

Whip the cream. Add the cream into the egg-and-butter sauce and mix with a wooden spoon until smooth. Serve immediately.

Egg-and-Butter Sauce with Mustard

(For use with fried sturgeon and the like fish)

1 l egg-and-butter sauce
50 g mustard

Add the mustard into the egg-and-butter sauce. Mix until smooth.

Egg-and-Butter Sauce with Orange Juice

(For use with vegetable dishes)

1 l egg-and-butter sauce
2 oranges

Add the orange juice and the grated orange rind into the ready egg-and-butter sauce. Mix thoroughly.

Egg-and-Butter Sauce with Capers

(For use with boiled and fried fish)

1 l egg-and-butter sauce
200 g capers

Put the warmed whole capers into the egg-and-butter sauce.

Sweet Egg-and-Butter Sauce

(For use with puddings and artichokes)

5 eggs
7 egg yolks
2 cupsful grape white wine
300 g sugar
1 lemon

Mix thoroughly the eggs and egg yolks with sugar. Add the grape white wine and slices of the lemon rind. Constantly beating the mixture, heat to 70 °C (130 °F) and when the mixture trebles in volume, remove the lemon rind. Cook this sauce 5-10 minutes before serving.

Sauce with Sweet Pepper

800 g red sauce (basic)
200 g sweet pepper
$^1/_2$ cupful white grape wine
75 g vinegar (3%)
70 g butter
Bay leaf
Garlic
Salt, pepper to taste

Sauté the finely chopped sweet pepper (fresh or canned) in butter till ready. Pour in vinegar, white grape wine and boil to $^2/_3$ of their initial volume. Add the red sauce and cook

for 15-20 minutes longer. Put the powdered pepper, bay leaf, garlic rubbed with salt into the sauce and boil for another 10 minutes. Strain, rubbing the sweet pepper and season with butter.
This sauce is used with boiled and fried meat.

White Sauces

Basic White Sauce

1 l meat stock
2 tblsps butter
2 tblsps flour

Pour gradually the strained white stock into the passivated flour stirring constantly. Boil the sauce for 50-60 minutes over low heat, stirring constantly. Strain the ready sauce. This sauce is used as the basic element of other white sauces.

Boiled Sauce

900 g white sauce	Celery
100 g white dry wine	Lemon juice or citric
½ onion	acid
1 parsley root	Salt, pepper to
50 g fresh champignons	taste

Put the finely chopped parsley root, celery, onion which has been sautéed in butter into the white sauce and cook for 10-15 minutes. Add the lemon juice or citric acid, salt, pepper (better the white pepper). Strain the sauce and season with butter. For savouriness, during cooking add the white dry wine and fresh champignons or mushroom stock.
This sauce is suitable for use with boiled and parboiled meat dishes, poultry, veal.

White Sauce with Egg Yolks

800 g white sauce	Nutmeg
4 egg yolks	Lemon juice or citric
100 g cream or meat	acid
stock	Salt, pepper to
150 g butter	taste

Put the egg yolks and pieces of butter into a deep saucepan. Pour in cream or meat stock and heat constantly stirring with a wooden spoon (do not boil). When the mixture thickens, remove from heat and pour in the hot white sauce, constantly stirring. Add salt, pepper, lemon juice or citric acid, ground nutmeg. Mix thoroughly and strain. For boiled and parboiled meat, mutton, veal, poultry.

Tomato Sauces on Meat Stock

Tomato Sauce (Basic)

500 g meat stock	1 parsley root
(white or brown)	Citric acid
500 g tomato puree	Sugar
2 tblsps butter	Peppercorns
1 tblsp flour	Salt to taste
½ carrot	Bay leaf
½ onion	

Pour the meat stock in the hot flour sautéed in butter. Add the tomato puree passivated together with the chopped roots and onion. Put sugar, citric acid, peppercorns, bay leaf, salt and cook for 25-35 minutes. Strain the sauce and bring to boil.
This sauce is the basic element of tomato sauces.

Tart Sauce

1 1/2 cupsful tomato sauce
3 cupsful spicy sauce with tarragon
Paprika to taste

Boil the tomato sauce to 1/3 of its initial volume and combine with the spicy sauce with tarragon. Add a dash of paprika, if desired.
This sauce is served with fried veal kidneys and fried meat dishes.

Tomato Sauce with Wine

3 1/2 cupsful tomato sauce
1/2 cupful white grape wine
3 tblsps butter

Pour the white grape wine in the ready tomato sauce. Bring to a boil, strain and season with butter. This sauce is used with fried pork, beef cutlets and patties.

Tomato Sauce with Mushrooms

3 1/2 cupsful tomato sauce
300 g fresh mushrooms (edible boletus or champignons)
2 onions
3 tblsps butter
1/2 cupful white wine
Peppercorns
2-3 cloves of garlic
Vegetable oil

(For use with fried and boiled meat, beef cutlets and patties, veal, poultry)

Sauté the finely chopped onion. Slice the mushrooms and stir-fry in vegetable oil. Put the prepared onion and mushrooms into the boiling tomato sauce. Pour in the white wine. Add peppercorns and cook for 10-15 minutes. Add the crushed garlic into the ready sauce. Season with butter.

Tomato Sauce with Mushrooms and Vegetables

3 cupsful tomato sauce
50 g concentrated meat stock
60 g vegetable oil
30 g butter
150 g fresh mushrooms (edible boletus)
75 g sweet pepper
3 onions
1/4 carrot
1/2 parsley root
Tarragon
Garlic
Spinach
Bay leaf
Salt, pepper to taste

(For use with boiled vegetables and meat dishes)

Sauté the diced carrot, parsley, sweet pepper and onion in butter. Fry the sliced mushrooms in the vegetable oil. Combine the roots and onion with mushrooms and pour over the tomato sauce. Add the highly concentrated meat stock and cook for 15-20 minutes over low heat. Before removing from heat add the chopped tarragon and spinach, salt, pepper, bay leaf, crushed garlic and butter. Cook for 5 minutes longer.

PELMENI

Siberian pelmeni

When one says "pelmeni" he thinks of the traditional Siberian pelmeni with a meat filling and frozen before they are cooked. Frozen pelmeni are also traditional in the northern regions of Russia. Freezing gives them a peculiar sapid flavour. When the frosts set in, pelmeni are made in quantities running into the thousands. They are laid on floured boards, carried outside to freeze, then packed in large sacks and stored away until needed.

Siberian Pelmeni (Poached Pasties)

Dough

320 g flour
½ to 1 egg
120 g water
7 g salt

Sift the flour onto the doughboard, make a hollow in the centre of the flour, break in the egg, add milk (or water) and salt. Knead into a heavy dough; cover and set aside for half an hour. Roll the dough thin and cut into 5-6 cm rounds. Put a ball of filling (about the size of a small walnut) on one half of the round and fold over making a half moon. Pinch the edges, draw the two points together making a little purse.
Lay the pelmeni in 4 litres boiling water to which 40 g salt have been added. Continue to boil until the pelmeni rise to the surface. Remove with a skimmer. Serve with butter, butter and vinegar, sour cream, pungent grated cheese or mustard.
Yield: 1 kg pelmeni or four portions.

Filling

200 g beef (boned)
240 g pork (boned)
160 g milk (water or stock)
Pepper
28 g onion
9 g salt
20 g flour (to flour board)
Garlic

Put the beef, fat pork, garlic and onion through the mincer, add pepper, salt and milk (or stock). Mix thoroughly.

Cabbage Filling

350 g pork (boned)
40 g onion
9 g salt
180 g cabbage
50 g water
Pepper

Trim the meat. Put it through the mincer together with the onion. Add salt, pepper, water and finely chopped cabbage. Mix thoroughly.
These pelmeni are made in the eastern areas of Russia. They are shaped as usual or in the form of a "knot". Serve with butter, butter and vinegar, sour cream or green onions.

Mushroom Filling

150 g boiled rice
40 g dried mushrooms
50 g onion
50 g butter
Salt

Soak the mushrooms, then cook. Chop up and sauté the mushrooms and add the sautéed onion. Combine with parboiled rice and mix thoroughly. Serve pelmeni garnished with sour cream.

Mushroom and Egg Filling

10 eggs	50 g butter
40 g dried mushrooms	Salt
50 g onion	Pepper

Prepare the mushrooms and onion as directed above. Add chopped hard-cooked eggs, salt and pepper. Mix thoroughly. Serve pelmeni garnished with sour cream.

Radish Filling

450 g radishes	50 g butter
50 g onion	Salt

Peel and shred the radishes on a grater. Sauté and add the fried onion and salt. Serve pelmeni garnished with sour cream.

Fish Filling

450 g fillet of fish	50 g butter
75 g onion	Salt, pepper

The fillet of any fish may be used. Put it twice through the mincer together with the raw onion. Add salt, pepper and butter. Mix thoroughly. Serve pelmeni with butter poured over.

Far Eastern Filling

275 g fillet of fish	1 egg
250 g fat pork	60 g water
50 g onion	Salt, pepper

Put the fillet of salmon or other fish through the mincer twice together with the pork and raw onion. Add the egg, pepper, salt and water and mix thoroughly. Pelmeni made with this filling are cooked or fried in butter. Garnish with butter or vinegar.

Fried Pelmeni

10 pelmeni
15 g butter
20 g sour cream

Heat the butter in a frying pan and put in the frozen home-made or commercial pelmeni. When browned on one side turn them over and brown on the other side. Serve in an individual portion frying pan with sour cream poured over. Serves one.

Baked Pelmeni

10 pelmeni	5 g cheese
30 g sour cream	2 g butter

Put the poached or fried pelmeni in an individual portion frying pan, pour over sour cream, sprinkle with grated cheese and butter and brown in the oven. Serves one.

Manty (Uzbek Steamed Pasties)

500 g fat mutton	3-4 tblsps butter
3-4 onions	Salt and pepper to
50 g fat of lamb tail	taste
150 g sour cream	

Chop the mutton into pieces the size of a pea, shred the onion thin, add a dash of paprika and salt and combine thoroughly. Finely dice

the lamb tail fat. Roll dough into a large thin cake and cut 10x10 cm squares. Place a tablespoonful of farce and diced tail fat on each square. Fold diagonally and pinch corners and edges so that the manty are oblong in shape. Butter the plate of a kettle for steaming and arrange the manty on it. Sprinkle them with cold water and steam for 45 minutes. Remove the manty with a metal paddle or spatula and brush with butter. Serve in hot meat broth.

Make the dough as follows: sift 500 g flour, beat 2 eggs, add 1 cupful of water and salt to taste; work this mixture into the flour and knead until smooth. Cover and set aside for 10 minutes.

Vareniki (Ukrainian Pelmeni)

Vareniki are preferred in the southern regions of Russia. They are larger than pelmeni and shaped as a half-moon. Pelmeni are never made with a fruit filling whereas vareniki are. In the Ukraine the meat filling is sometimes fried; pelmeni are made with raw meat only.

Although the same dough may be used for vareniki as for pelmeni, the addition of a little butter is sometimes preferred.

Dough

280 g flour	10 g sugar
110 g milk	18 g butter
1 1/2 eggs	5 g salt

Make the dough as directed for pelmeni.

Curds or Cottage Cheese Filling

480 g curds (cottage cheese)	1 egg
50 g sugar	Salt

Rub the curds through a sieve, add sugar, egg and salt to taste. Mix thoroughly. Make the vareniki. Cook in boiling salt water. Drain and garnish with butter and sour cream. Serves four.

The cooked vareniki may be placed in an earthenware pot or frying pan, pour over butter and sour cream; bring to a boil and serve immediately.

Old Russian Filling

100 g heart	25 g onion
200 g lung	25 g butter
10 g dried mushrooms	

Wash the heart and lung in cold water. Cook until tender, then put through the mincer. Chop the onion and sauté in butter, add to the ground pluck and sauté slightly. Cook the dried mushrooms, chop up fine, sauté and add to the filling. Garnish these vareniki with butter.

"Lazy" Vareniki with Curds

140 g curds	15 g sugar
20 g flour	10 g butter
1 1/2 eggs	Salt to taste

Rub the curds through a sieve, add the salt, sugar, egg and flour. Knead until smooth. Make a roll about 1 cm thick, cut into pieces and cook as vareniki. Serve with butter and sour cream. Serves one.

Vareniki with Sour Cherries

600 g sour cherries
200 g sugar
(additional)
1/2 cupful water
1 cupful flour
20 g sugar
1 egg
Salt to taste

Pit the cherries, mix with 200 g sugar and set aside while making the dough. Mix the flour with the salt and sugar and make a stiff dough with the water and egg. Cover the dough and let it stand for 20 minutes. Roll the dough thin (2-3 mm), cut into small squares. Place several cherries on each square, brush the edges with beaten egg (additional), fold over to form a triangle and pinch the edges. Chill for 1 hour in the refrigerator before cooking. Drop the vareniki into boiling salt water and cook until they rise to the top.
Serve with sour cream.

Armenian Meat Pasties (Mantapur)

250 g beef
30 g onion
20 g boiled butter
100 g flour
Garlic to taste
1 egg
100 g matsun (sour milk)
Salt, pepper, parsley

Prepare a broth with bones. Put the meat through the mincer twice and add to it sautéed onion, chopped parsley and garlic. Sift the flour, make a well, pour the beaten egg and water into it. Quickly make the dough and divide. Roll out rounds 1-2 mm thick. Place 8-10 g filling 1-2 cm from the edge. Brush the edge with beaten egg, cover the filling with a round of dough, cut the edges with a round cutter and then pinch them. Drop the pasties into the hot broth and boil gently until the pasties rise to the surface, then remove them from the broth. Crush the garlic and mix with the matsun. Serve the pasties with this mixture poured over. Separately serve the meat broth.

Chebureki (Central Asian and Caucasian Deep Fried Pasties)

3 cupsful flour
400 g lamb (boned)
100 g fat
1 egg
50 g rice
Chopped parsley
3/4 cupful water for dough
200 g rendered fat for frying
Pepper
Salt to taste

Filling

Put the meat, fat (preferably tail fat) and onion through the mincer or chop up fine with a knife. Add salt, pepper and parsley. Mix thoroughly with a paddle and stir in 2 or 3 tblsps cold water.

Dough

Sift the flour, make a well and pour in the beaten egg, water and 1/2 tsp salt. Knead into a dough as for noodles. Roll out until about 1 mm thick; cut into rounds the size of a saucer. Put the filling on one half and fold over into a halfmoon shape. Brush the edges with beaten raw egg and pinch. Deep fry the chebureki and serve immediately.

VEGETABLE DISHES

fried
egg plant
with onion
1/2 cupful sour cream 3 tblsps flour
1 tblsp tomato puree
egg plant 1 tblsp butter
onion

Fried Potatoes with Eggs

1 kg boiled potatoes
4 eggs
1 cupful milk
2 tblsps butter
Salt to taste

Slice and fry the potatoes in butter. Beat the eggs, add the milk, salt and mix thoroughly. Pour the mixture over the fried potatoes and bake till golden.

Potato Patties with Mushroom Filling

1 kg potatoes
100 g dried mushrooms
2 onions
½ cupful bread crumbs
2 eggs
4 tblsps butter
Sour cream or tomato puree
Salt, pepper

Pare the potatoes, boil till tender and drain thoroughly. Mash the potatoes while hot. Add 1 tblsp butter and the egg yolks. Mix thoroughly. Mould into flat cakes. Put the filling on each cake, fold over, shape into a half moon and press the edges together. Brush with egg and dust with bread crumbs. Fry in hot butter. In a sauceboat pass sauce made with the mushroom liquor adding sour cream or tomato puree. These patties may be made with any vegetable filling.

Mushroom Filling

Wash and cook the dried mushrooms. When tender, chop fine and sauté in butter together with finely chopped onion. Season with salt and pepper. Mix thoroughly.

Potatoes Stewed in Sour Cream

700 g potatoes
250 g sour cream
40 g butter
1 tsp flour

Pare and cut the potatoes into chunks. Put them in a skillet (or shallow saucepan), add the butter and sauté slightly. Transfer the potatoes to a saucepan or a stoneware pot, pour over the sour cream which has been blended with the flour and salt. Cover tightly with a lid and simmer until tender. Before serving sprinkle with herbs.

Pumpkin with Rice and Eggs

Cut 1 kg pumpkin into small pieces, add ½ cupful of water and cook until tender; stir in 1 litre milk and ½ cupful of rice. Cook for 30 minutes. Cool the pumpkin and rice, beat in 4 eggs, add 3-4 tablespoonsful of butter and stir in ½ cupful of sugar. Transfer to a buttered baking mould and brown in the oven.

Potato Cakes (Potato Oladyi)

500 g potatoes
½ cupful flour
25 g yeast
¼ cupful water
1 egg
Salt to taste

Pare and grate the potatoes. Add the yeast previously mixed with water, salt, flour and an egg. Mix thoroughly and set aside to rise. Cook on a very hot oiled griddle. Serve with sour cream or butter.

Fried Eggplant with Onion

2 eggplants
2 onions
3 tblsps flour
1/2 cupful sour cream
1 tblsp tomato puree
2 tblsps butter
Salt to taste

Wash and slice the eggplant fine, sprinkle with salt and flour and fry in butter. Chop the onion and stir-fry in butter. Top the eggplant with the fried onion. Pour the sour cream and tomato puree into the pan the eggplant has been fried in, mix, bring to a boil and serve.

Potato Pudding (Potato Zapekanka)

1 kg potatoes
2 eggs
3 onions
1 cupful milk
3 tblsps butter
Salt to taste

Boil, drain and mash the potatoes. Stir in hot milk, beaten raw eggs, salt and creamed butter. Combine thoroughly. Spread half the mixture in a buttered baking pan. Put sliced and sautéed onion on the potatoes and cover with the rest of the potato mixture. Brush the top with butter or sour cream and bake for 20 to 25 minutes. Serve with milk, sour cream or mushroom sauce.

Vegetable Cutlets

200 g carrots
200 g turnips
300 g pumpkin or marrow
300 g cabbage
1 1/2 cupsful milk
1/2 cupful semolina
3 eggs
1/2 cupful bread crumbs
1 tsp sugar
3 tblsps butter
Salt to taste

Pare and shred the carrot and turnip, add the hot milk and a tablespoonful of butter, sugar and salt. Simmer for 15 minutes, add the shredded cabbage and then the diced pumpkin or marrow. Cook until tender (15-20 minutes). Add the semolina and cook for 8-10 minutes stirring constantly. Remove the saucepan from heat, add the eggs and salt. Blend thoroughly, set aside to cool and then shape into cutlets, brush with egg whites, roll in bread crumbs and fry on both sides. Serve with sour cream or milk sauce.

Potato and Meat Pudding

300 g meat (boned)
500 g potatoes
3 eggs
1-2 onions
1 tblsp tomato puree
1/4 cupful milk
2 tblsps butter
Salt, pepper, chopped parsley

Put the meat through the mincer and sauté slightly. Add finely chopped and sautéed onion, tomato puree, salt and pepper. Moisten with stock or water, cover with a lid and simmer for 15 to 20 minutes. Separately fry sliced potatoes; season with salt. Spread the potatoes on the bottom of a baking pan, cover with a layer of ground meat mixture and level. Beat the eggs, combine with the milk and pour over the meat. Bake in a hot oven for 5 to 10 minutes. Before serving sprinkle with chopped parsley.

Squash Stuffed with Meat

300 g meat (boned)
2 squashes
½ cupful rice or millet
1 onion
2 tblsps sour cream
2 tblsps tomato puree
1 tblsp flour
1 tblsp butter
Salt to taste
Chopped dill

Prepare the forcemeat as for golubtsy[26]. Pare and cut the squash crosswise into 4 or 5 pieces. Scoop out the seeds and pack filling into the squash pieces which have been sprinkled with salt. Round the filling on top. Combine and bring the tomato puree and butter to a boil. Add the sour cream and a cupful of water mixed with flour. Pour the mixture over the squash and bake in a medium-hot oven for 30-40 minutes. Before serving sprinkle with dill.

Casseroled Potatoes with Fresh Mushrooms

750 g potatoes
500 g fresh mushrooms
1 or 2 onions
1 or 2 sprigs of parsley
½ cupful sour cream
3 tblsps butter
1 bay leaf
Salt
Pepper

Clean, wash and scald the mushrooms. Sauté together with the sliced onion. Slice and brown the potatoes. Put the mushrooms and potatoes in a casserole. Pour in water to cover. Add salt, a bay leaf, pepper and parsley. Cover the casserole and simmer for 25 to 30 minutes. Add the sour cream. Remove the parsley and the bay leaf. Serve sprinkled with chopped greens.

Casseroled Potatoes with Dried Mushrooms

Substitute dried mushrooms in the above recipe. Dried mushrooms must be cooked beforehand then cut into strips and fried with onion. Part of the mushroom liquor may be used instead of water in the casserole.

Casseroled Cabbage

1 kg cabbage
2 onions
2 tblsps tomato puree
1 tblsp vinegar
1 bay leaf
1 tblsp sugar
1 tblsp flour
3 tblsps butter
½ cupful meat stock (or water)
Salt
Pepper

Clean, wash and shred the cabbage. Put it in a casserole, add 1 tblsp butter and stock. Cover and simmer for 40 minutes. Then add browned onion, tomato puree, vinegar and other seasoning. Simmer until tender (about 10 minutes). Stir in the flour which has been combined with the butter and slightly browned and bring to a boil. Sauerkraut may be substituted for fresh cabbage, in which case vinegar need not be added.

Casseroled Beetroot with Sour Cream

500 g beetroots
1 carrot
1 parsley root or celeriac
1 tsp vinegar
1 tsp sugar
1 cupful sour cream
1 tblsp flour
2 tblsps butter
Salt
Bay leaf

Clean and wash the beetroots, carrot and parsley. Cut into shoestrings. Mix together with butter, vinegar and a little water. Cover and braise in a casserole until tender (from 45 minutes to 1 hour). Stir from time to time. Stir in flour which has been combined with the sour cream, salt and sugar. Add a bay leaf. Mix and boil for another 10 minutes.

Eggplant with Walnut Sauce (Georgian)

8 small eggplants
1 cupful shelled walnuts
50 g butter
2-3 sprigs of kindza[10]
Chili pepper
Garlic
Grape vinegar or pomegranate juice
Salt to taste

Wash but do not peel the eggplants. Cut lengthwise into slices 1 to $1^1/_2$ cm thick, sprinkle with salt and fry in butter one layer deep. Turn to brown on both sides. Crush the nutmeats or put them through the mincer together with the garlic and kindza. Add the salt, chili pepper and grape vinegar or pomegranate juice to taste. Combine thoroughly and then stir in 2 cupsful of chilled boiled water. Arrange the fried eggplant in a platter and pour over the walnut sauce.

Casseroled Eggplant with Sour Cream

Eggplant
1 tblsp flour
1 cupful sour cream
2 tblsps butter
Salt to taste
Chopped parsley or dill

Wash and peel the eggplant. Cut into chunks and parboil in hot salt water for 5 minutes. Drain thoroughly, dredge with flour and brown in butter. Put the browned eggplant in a saucepan, pour over the sour cream and simmer for 30 to 40 minutes. Before serving sprinkle with chopped parsley or dill.

Stuffed Vegetables

Various kinds of vegetables may be stuffed with different meat, cereal, mushroom or vegetable fillings. Stuffed vegetables are usually cooked in a casserole or a baking dish. They are served with butter or sour cream poured over or with a suitable milk, sour cream or tomato sauce.

Meat Stuffing

500 g meat (boned)
1 or 2 onions
3 tblsps butter
Salt, pepper
Chopped parsley or dill

I

Cut up the raw meat, put it through the mincer and sauté in butter. Put it through the mincer once more. Add the sautéed chopped onion, the meat juice from the frying pan, salt, pepper and chopped parsley or dill. Mix thoroughly.

II

Put boiled meat through the mincer. Sauté the onion separately, add one teaspoonful of

flour and continue to brown. Stir in 2 or 3 tablespoonsful of stock and bring to a boil. Combine the onion with the meat. Season with salt and pepper and add chopped parsley or dill.

Meat and Rice Stuffing

500 g meat (boned)
½ cupful rice
1 onion
3 tblsps butter
Salt
Pepper

Put the meat through the mincer. Combine with drained, fluffy boiled rice and sautéed chopped onion. Season with salt and pepper to taste.

Rice and Mushroom Stuffing

1 cupful rice
500 g fresh mushrooms or 50 g dried mushrooms
2 onions
3 tblsps butter
Salt
Pepper

Boil the rice till tender then drain. Clean and wash the mushrooms; plunge them into boiling water for 5 minutes, then drain, rinse, chop up and sauté in butter. If dried mushrooms are used, cook them beforehand and then proceed as with fresh mushrooms. Mix together the rice and mushrooms. Add fried onion and season with salt and pepper.

Mushroom Stuffing

500 g fresh mushrooms
2 onions
2 tblsps tomato puree
3 tblsps butter
Salt
Pepper

Clean the mushrooms, then wash them and pour in boiling water to cover. Set aside the mushrooms for 5 minutes, then drain and rinse. Chop up and sauté in butter. Add the tomato puree, bring to a boil and mix with finely chopped sautéed onion. Season with salt and pepper.

Vegetable Stuffing

5 carrots
3 onions
1 parsley or celery root
2 tomatoes
3 tblsps butter
Salt, pepper
Chopped parsley greens

Shred the vegetables and sauté in butter. Add sliced tomatoes and sauté for another five minutes. Season with salt and pepper. Add chopped parsley.

Stuffed Cabbage

1 medium-sized head cabbage
500 g meat (boned)
125 g white bread
¾ cupful milk
1 cupful sour cream
3 tblsps butter
Salt
Meat stock (or water)

Discard unsuitable cabbage leaves and cut out the core. Parboil in salt water until the leaves no longer break; drain in a colander. After the cabbage cools, spread out the leaves, sprinkle with salt and press the stuffing between the leaves. Gather up the leaves, shape into a head (tie if necessary) and place on a baking dish. Pour over butter and meat stock (or water). Bake for 45 minu-

tes. Pour sour cream over the cabbage and bake for another 15 to 20 minutes. Transfer the head of cabbage to a platter, cut it and pour over strained pan juices.

Stuffing

Put the meat through the mincer. Mix with the bread which has been soaked in milk and squeezed dry; put through the mincer again. Add melted butter and seasoning; mix thoroughly.

Cabbage Stuffed with Rice and Mushrooms

In the above recipe, substitute rice and mushrooms stuffing to which 2 beaten eggs have been added.

Stuffed Green Peppers

Wash the green peppers, cut off the tops and remove the seeds and inner ribs. Plunge the peppers into boiling salt water and parboil for 2 or 3 minutes; drain in a colander. Fill the peppers with meat, rice or vegetable stuffing (see above), stand them on end one or two high in a casserole, pour in meat stock, butter and tomato paste or puree. Cover and bake or cook from 30 to 40 minutes. Before serving pour over sour cream sauce. If the peppers are to be served cold, vegetable oil should be substituted for butter.

Stuffed Beetroot

Wash and then bake the beetroots. Cool and pare them. Scoop out the hearts with a teaspoon. Fill the beets with meat and rice stuffing, stand them on end in a buttered pan and bake for 10 to 20 minutes. Before serving, pour over sour cream and bake for a few minutes longer; transfer the beets to a platter and pour the pan juices.

Stuffed Marrow

Select medium-sized marrow squash, peel, cut off the ends and scoop out the seeds. Wash and fill with a stuffing of meat, cereal, mushrooms or vegetables (see above). Brown evenly in butter and place in a deep saucepan. Pour over meat stock or sour cream, cover with a lid and simmer for 30 to 40 minutes. Slice before serving and pour over pan juices.

Cabbage Rolls Stuffed with Vegetables (Golubtsy with Vegetables)

1 kg cabbage	2 tomatoes
3 or 4 carrots	1 cupful sour cream
2 or 3 onions	2 tblsps tomato puree
1 parsley root	2 tblsps butter
1 celeriac	Salt to taste

Clean the cabbage and cut out the core. Plunge the whole head into boiling water and parboil for 10 to 20 minutes. Drain in a colander, separate the leaves and spread them on the table. Pound the leaf stem to soften it or cut it out. Put the prepared vegetable

stuffing on each leaf, fold in the ends and roll it up like a cigarette. Brown each of the golubtsy in butter and transfer to a shallow casserole. Pour over the sour cream and tomato puree. Cover and bake over low heat for 30 to 40 minutes. Serve with pan juices poured over.

Stuffed Eggplant

Wash the eggplants and make a small lengthwise slit. Scoop out the seeds with a teaspoon. Plunge the eggplants into boiling salt water for 5 minutes, drain and then fill with vegetable or mushroom stuffing (see above). Lay the stuffed eggplants in a buttered baking dish, pour over sour cream and bake for about an hour.

Turnip Stuffed with Mannacroup[9]

10 turnips (average size)
1/4 cupful mannacroup[9]
1 cupful milk
1 tblsp sugar
25 g cheese
3 tblsps butter
Salt to taste

Peel and wash the turnips, pour over hot water and cook until half done. Scoop out and cook the hearts until soft. Press them through a strainer and mix with the mannacroup which has been cooked in milk. Season with sugar, salt and butter. Fill the turnips with this stuffing, place them in a buttered baking dish, brush with butter, sprinkle with grated cheese and bake for 20 to 25 minutes. Turnips may also be filled with meat stuffing (see above).

Tomatoes Stuffed with Meat

8 medium-sized tomatoes
200 g meat (boned)
1/4 cupful rice
1 onion
2 or 3 tblsps butter
Salt
Pepper

Wash the tomatoes in cold water, cut off the tops and scoop out the hearts and seeds without damaging the tomato shell. Dredge with salt and pepper and fill with stuffing.

Stuffing

Put the meat through the mincer. Mix with sautéed finely chopped onion. Season with salt and pepper. Put the stuffed tomatoes in a buttered pan. If desired, they may be sprinkled with grated cheese. Dot with butter and bake for 15 to 20 minutes, then pour over sour cream sauce and serve sprinkled with chopped parsley or dill.

Potatoes Stuffed with Meat

Choose 1 kg large potatoes. Wash and cook in salt water until half done. Peel the potatoes, slice off one side and scoop out the inside. Mince 300 g meat together with the potato hearts. Combine with one raw egg and add chopped dill. Season with salt and ground allspice. Mix thoroughly. Fill the hollowed potatoes with this stuffing and cover with the slices that have been cut off. Pack the potatoes tightly in a saucepan, pour in meat stock or water and braise until done. Thicken

with tomato paste, flour and sour cream rubbed together.

Potatoes Stuffed with Herring

Prepare 1 kg potatoes as directed above. Scoop out the inside, mince with herring fillets and add 2 finely chopped onions, ground allspice and a bay leaf, a raw egg and $^1/_2$ cupful of sour cream; beat these ingredients together thoroughly. Fill the potatoes with this stuffing, brown them in butter, pour over sour cream and bake in a hot oven.

Turnip Stuffed with Edible Boletus Mushrooms

Bake and peel 1 kg of turnips. Scoop out and mash the inside. Wash 300 g spiced boletus mushrooms, cut them up and sauté in butter together with two finely chopped onions. Add the mushrooms to the mashed turnip and mix. Stuff the hollowed out turnips with the mixture and place them in a casserole. Pour over butter, cover with a lid and bake in a hot oven for 30 minutes. Pour over one cupful of thick sour cream and brown.

Cabbage Stuffed with Rice and Mushrooms

1 kg cabbage
1 cupful rice
500 g fresh or
50 g dried
mushrooms
3 onions
3 tblsps butter
Nutmeg
Pepper
Salt

Discard unsuitable cabbage leaves and cut out the core. Parboil in salt water until the leaves do not break. Cool for 30 minutes. Drain in a colander. Boil the rice till tender then drain. Cook the mushrooms. Dried mushrooms should be previously soaked in water for 1 to $1^1/_2$ hours. Mix together the rice, finely chopped mushrooms, passivated onion, butter, nutmeg, pepper. Press the stuffing between the leaves, tie if necessary, put into a casserole and add butter. Bake in the oven for 45 minutes. Serve with the mushroom sauce.

Potatoes Stuffed with Mushrooms

1 kg potatoes
100 g mushrooms
(dried)
1 onion
100 g butter
100 g white bread
(dry)
Salt

Clean, wash and boil the mushrooms (fresh or dried) in salt water. Drain in a strainer and slice. Sauté the onion in butter, add the mushrooms and grated dry white bread. Mix thoroughly. Wash the potatoes, peel and cut off the tops. Scoop out the inside. Fill the hollowed potatoes with the mushroom stuffing and cover with the tops that have been cut off. Lay the potatoes in a saucepan with the mushroom stock poured in. Cover and bake in the oven. Serve with the mushroom sauce.

Vegetable Casserole

600 g cabbage
5 carrots
200 g rice
4 onions

4 turnips
40 g dry bread crumbs
70 g butter
120 g dried mushrooms
4 tsps sour cream

Discard unsuitable cabbage leaves, cut out the core, parboil in salt water and cool. Spread out the leaves and pound slightly the leaf stems.

Prepare the stuffings: (1) Finely chop and brown the carrots and turnips. Combine with the passivated onion and season with salt. (2) Boil the rice, drain in a colander, add butter. (3) Boil the previously soaked mushrooms, slice, combine with the passivated onion and sauté for 10 minutes. Salt to taste.

Butter a casserole, sprinkle with dry bread crumbs, arrange a large cabbage leaf on the bottom and several leaves along the walls of the casserole so that they are higher than the rim. Lay the alternate layers of the vegetable stuffing, rice stuffing and stuffing of mushrooms. Top each layer with a cabbage leaf. Brush the edges of the cabbage leaves with the beaten egg. Cover the upper stuffing with the upper portions of the leaves arranged along the casserole rim, and top with a cabbage leaf, add sour cream, sprinkle with dry bread crumbs and bake in the oven.

Squashes Stuffed with Salad

800 g squashes
300 g meat
400 g potatoes
3 carrots
1 fresh cucumber
1 pickled cucumber
½ onion
40 g canned green peas
Greens
Mayonnaise
Salt

Pare the squashes. Cut the large squashes crosswise into slices 4-5 cm thick and halve the small ones cutting off the tops, scoop out the seeds and parboil in salt water. Drain and cool. Cook the meat, potatoes and carrots, cool and dice. Peel and slice the cucumbers, finely chop the onion, season with mayonnaise and mix. Fill the squashes with the stuffing and place them into a dish. Decorate with cucumbers and greens.

Carrots with Dried Apricots

600 g carrots
100 g dried apricots
½ cupful sour cream
50 g sugar

Yield: 5 portions

Slice the carrots, add water to cover and boil until done. Wash the dried apricots carefully, pour in boiling water to cover and set aside to soak. Drain the carrots, mix with the dried apricots. Before serving season with the sour cream and sugar.

Stuffed Beetroots with Rice and Apples

1.2 kg beetroots
100 g rice
250 g apples
50 g raisins
200 g curds (or cottage cheese)
50 g granulated sugar
2 raw eggs
50 g sour cream

Wash and bake the beetroots. Cool and pare them. Scoop out the hearts with a teaspoon. Pare and shred the apples, combine with the

sugar and curds which have been pressed through a sieve, add the boiled rice, raisins, eggs and butter, mix thoroughly. Fill the beets with the stuffing, stand them on end in a buttered pan, brush with sour cream and bake in the oven for 10 to 20 minutes.
Serve with the sour cream poured over.

Beetroots Stewed with Apples

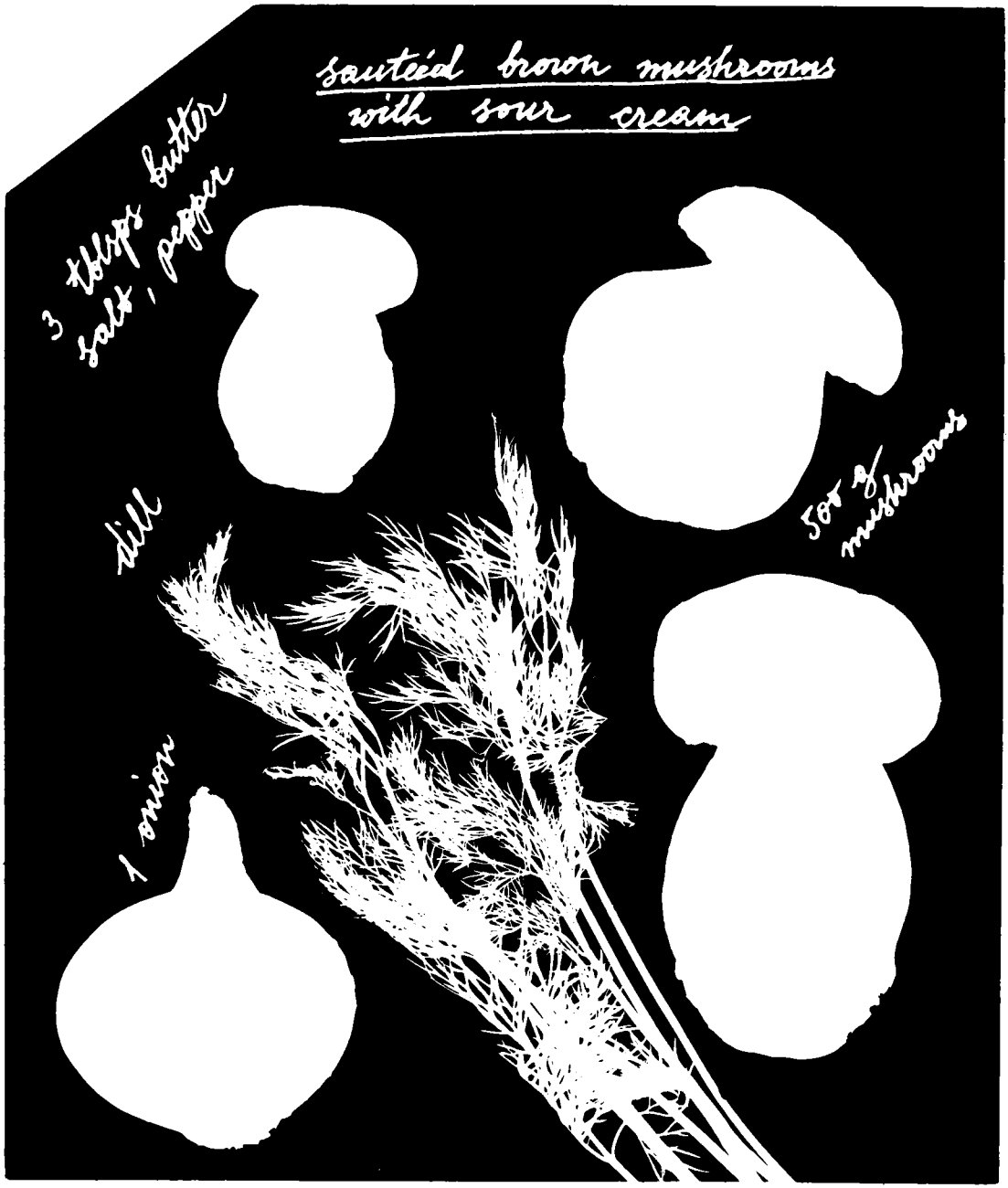
1 kg beetroots
500 g apples
150 g sour cream
50 g granulated sugar
50 g butter

Pare and slice the apples. Boil the beets, pare and shred. Combine the apples and beets together, add the sugar and sour cream. Cover tightly with a lid and simmer until tender. Season with butter before serving.

Beetroots Stewed with Dried Apricots

Substitute 150 g dried apricots in the above recipe. Boil and rub through a sieve. Then follow the directions given in the above recipe.

MUSHROOMS


sauteéd brown mushrooms
with sour cream
3 tblsp butter
salt, pepper
dill
1 onion
5oz of mushrooms

The most fragrant and tastiest mushrooms are the edible boletus, the brown cap boletus, the aspen mushroom, the champignon (common meadow mushroom), the morel, the butter mushroom, the chanterelle and the honey agaric.

Cut the caps of the boletus mushrooms from the stems and scald them; peel the stems. The caps of the champignon mushrooms need not be cut from the stems but they must be peeled; drop them into cold water to which a little lemon juice (or acetic acid) has been added. This will prevent them from turning dark. Drain, pour over hot water, add lemon juice and boil for 20 minutes.

Morels and chanterelles must be cleaned and carefully washed to remove the soil. Boil them for 10 minutes, wash the stems once more and remove the membrane from the caps: rinse, cut and fry.

Mushrooms in Sour Cream

500 g mushrooms
½ cupful sour cream
25 g cheese
1 tsp flour
2 tblsps butter
Salt to taste
Chopped parsley or dill

Clean, wash and scald the mushrooms. Drain in a strainer, slice, season with salt and sauté in butter. Just before they are done, sprinkle with flour and mix. Add the sour cream and boil. Sprinkle with grated cheese and bake. Sprinkle with chopped parsley or dill before serving.

Morels in Sour Cream

500 g morels
1 cupful sour cream
25 g cheese
1 tsp flour
2 tblsps butter
Salt to taste
Chopped parsley or dill

Having cleaned the soil off the stems, wash the mushrooms carefully. Plunge them into hot water and boil for 10 minutes, then drain and rinse in cold water. Slice the mushrooms, season with salt and sauté in butter. Sprinkle with flour, sauté a little longer, add the sour cream and bring to a boil. Sprinkle with grated cheese, dot with butter and bake. When done garnish with chopped parsley or dill.

Fried Edible Boletus with Onion Sauce

1 kg mushrooms (young)
20 g onion
1 cupful sour cream
Salt to taste

Wash the mushrooms and wipe the caps dry. Season with salt and sauté for 15 minutes in very hot butter stirring frequently. Shred the onion, season with salt and sauté in butter till tender. Add sour cream, bring to a boil and pour over the mushrooms.

Braised Mushrooms

500 g chanterelle, honey agaric, or brown-spored edible meadow mushrooms
3 tblsps butter
3 tblsps meat stock
Salt to taste
Chopped greens

Clean, wash carefully and boil the mushrooms in salt water. Drain thoroughly. Add

hot butter and pour in the stock, cover and cook for about 30 minutes. Before serving sprinkle with chopped greens.

Mushrooms Braised in Cream

500 g edible aspen or brown cap boletus	Salt, dill, cinnamon, parsley, bay leaf, clove and peppercorns
1 cupful cream	
1 tblsp butter	

Clean, wash and scald the fresh mushrooms. Slice, season with salt and sauté slightly. Transfer the mushrooms to a saucepan or casserole and add boiling cream. Add the herbs which have been tied together and a bag of spices. Salt to taste. Cover and bake for about an hour. When the mushrooms are tender, remove the herbs and spices. Serve in the casserole.

Mushroom Casserole

Casseroled morels are especially good but other mushrooms may also be prepared in this way. Clean and carefully wash the mushrooms. Plunge them into boiling water for 5 or 10 minutes. Drain and rinse in cold water. (This stock is unedible.) Slice the mushrooms and sauté them in hot butter in a baking dish. When slightly browned, sprinkle with flour, mix them and add sour cream. Bring to a boil, sprinkle with butter (grated cheese, if desired) and bake. Serve the mushrooms in the casserole or baking dish.

Mushrooms with Sauerkraut
(Country Manner)

500 g mushrooms	2 tblsps butter
1 kg sauerkraut	1 bay leaf
1 pickled cucumber	Salt to taste
1 onion	2 tblsps tomato puree
1-2 tsps sugar	Pepper

Add a little water and butter to the sauerkraut and braise for about 45 minutes. Add tomato puree, sugar, pepper, a bay leaf and salt. Braise for another 15 to 20 minutes. Any of the edible boletus mushrooms may be used. Wash and cook them in boiling water for 10 to 15 minutes. Drain, slice and sauté in butter. Transfer the mushrooms to a bowl and sauté the onions in the same frying pan. Add the sliced pickle, salt and pepper.
Spread half the braised cabbage in a baking dish, cover with the mushroom mixture and put the remaining cabbage over the mushrooms. Sprinkle with bread crumbs, dot with butter and bake. Before serving, garnish with lemon slices or olives. This dish may also be made with fresh cabbage, adding vinegar to taste. Pickled or dried mushrooms may be substituted for fresh mushrooms.

Mushroom Cutlets

150 g mushrooms (dried)	4 tblsps butter
200 g rice	Salt, pepper to taste
2 tblsps flour	

Wash the dried mushrooms and soak in cold water for 1 to $1^1/_2$ hours. Then shred or put them through the mincer. Return to the same water and bring to a boil. Mix with the boiled rice, season with salt and pepper. Shape into cutlets and stir-fry in the frying pan. Serve with the mushroom sauce.

CEREALS AND PUDDINGS

buckwheat kasha with mushrooms and onion

2-3 tbsp butter

1 tsp salt

2 onions

2½ cupsful buckwheat groats

50 g mushrooms

Cereals make a variety of dishes that range from common porridge or gruel to Uzbek pilau (plov). Whether cooked plain or steamed as porridge or gruel, whether steamed and baked till it is puffy and fluffy, cereal in Russia is known as kasha. Puffy and fluffy kasha is prepared of whole-grain or cracked cereal (rice, pearl barley, buckwheat). The porridge or gruel type of kasha may be made of any cereal, usually with milk.

In cooking kasha the proportions given in the recipe must be strictly observed. The proportion for a fluffy kasha is always the same, but for porridge-like kasha it varies depending on the thickness desired. Before cooking, millet, rice or pearl barley must be washed in cold water which should be changed several times. Millet must be especially thoroughly washed to rinse out the meal that renders it bitter. Cooking time will be saved if pearl barley is soaked for 3 or 4 hours. If the right quantity of water is used, the cereal will swell and be fluffy; otherwise it will be either too dry or soggy.

As a rule, kasha is cooked in a double boiler in the following way. Bring the required amount of salt water to a boil and then rapidly add the cereal, stirring it from time to time, cook the kasha over a low heat until it thickens. Then cover the pot tightly and place it over the lower part of the double boiler in the oven or keep it on the hob until done. If the oven is too hot, set the pot in a water bath to prevent burning. If the cereal is to be cooked in milk, add less salt than it is needed for cooking in water. When cooking sweet kasha, a minimum amount of salt (to taste) is added.

Buckwheat Kasha with Butter

2 cupsful buckwheat groats
1 tsp salt
3 cupsful water
2 tblsps butter

Add the salt to the water and bring to a boil. Stir in the cereal and boil for 15 to 20 minutes. When the cereal thickens, cover tightly and keep on the hob for 3 or 4 hours (or cook in a double boiler). Serve with butter.

Buckwheat Kasha Made of Cereal Fried in Butter

2 1/2 cupsful whole buckwheat groats
3 1/2 cupsful water
2 or 3 tblsps butter
1 tsp salt

Melt 1 tblsp butter in a frying pan, add the cereal and mix. Stirring the cereal allow it to roast over low heat or in the oven. When brown, transfer to a casserole or double-boiler top, pour in boiling water and season with salt. Boil rapidly until the kasha thickens, close tightly and set over the lower part of the double boiler, in the oven or on the hob for 1 to 1 1/2 hours.

Buckwheat Kasha with Milk

Cook the kasha as directed above. Cool and serve with cold milk poured over.

Buckwheat Kasha with Salt Pork and Onions

Cook the kasha as directed above. Cut the pork into little cubes and sauté together with chopped onion. Mix the sautéed pork and onions together with the kasha.

Buckwheat Kasha with Brains

2 1/2 cupsful buckwheat groats
300 g brains
1 1/2 tsps salt
1 tsp vinegar
2 or 3 tblsps butter
1 bay leaf
Pepper to taste

Make buckwheat kasha as directed above. Soak the brains in cold water for 15 minutes, drain and remove the membrane. Put the brains in a saucepan with just enough water to cover, add salt, a bay leaf, pepper and vinegar. Bring to a boil and remove from heat. Allow the brains to soak for 10 to 15 minutes. Drain, slice thinly and sauté in butter. Mix with the kasha and heat in the frying pan for several minutes.

Buckwheat Kasha with Eggs

2 1/2 cupsful buckwheat groats
2 hard-cooked eggs
1 tsp salt
2 or 3 tblsps butter

Prepare the buckwheat kasha as directed above. Cut the eggs in half lengthwise and then chop finely. Mix the chopped eggs, butter and buckwheat kasha together and serve.

Buckwheat Kasha with Pluck

2 1/2 cupsful buckwheat groats
300 g pluck
1 or 2 onions
1 tsp salt
2 or 3 tblsps butter
Pepper

Prepare the kasha as directed above. Wash the pluck, cover with cold water, add salt and simmer until tender (1 to 1 1/2 h). Cool the pluck and put through the mincer or cut it up finely with a knife. Slice and sauté the onion in butter. Add 1 or 2 tablespoonsful of butter (additional) and the minced pluck. Season with salt and pepper to taste. After frying the pluck and onions, mix with the hot buckwheat kasha.

Buckwheat Kasha with Mushrooms and Onions

2 1/2 cupsful buckwheat groats
50 g dried edible boletus mushrooms
2 onions
1 tsp salt
2 or 3 tblsps butter (or vegetable oil)

Wash the mushrooms and soak in 3 cupsful of cold water for 1 to 1 1/2 hours. When the mushrooms swell, cut them into fine strips and return to the same water. Season with salt and bring to a boil, then add the groats which have been roasted. When the cereal thickens keep on the hob or in the oven for 1 to 1 1/2 hours. Chop the onion and sauté in butter, then mix with the kasha.

Buckwheat Kasha with Yellow Turnip

500 g young turnips
100 g buckwheat groats
1 litre milk
Sugar, salt
2 tblsps butter

Pare, wash and grate the turnips, stir-fry in butter. Wash the groats, drain, add to the turnips, mix and then transfer to a casserole. Pour over the milk and cook. When the cereal thickens, add butter. Season with sugar and salt to taste. Cover with a lid and bake in a hot oven for 2 hours. Before serving stir to mash any lumps of turnip. Pour over hot butter.

Millet Porridge with Butter

1 cupful millet
4 cupsful water
1 tsp salt
2 or 3 tblsps butter

I

Add butter and salt to the water and bring to a boil. Pour in the cereal which has been washed and cook until it thickens. Steam on the hob for 50 to 60 minutes. When the cereal is done stir in 1 or 2 tblsps butter.

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2 to 3 cupsful water
1 cupful millet
1 tblsp butter
1 tsp salt

Add salt to the water and bring to a boil. Pour in the washed millet and cook for 10 to 15 minutes. Drain off the water and stir in the butter. Steam on the hob for 40 to 50 minutes. When the kasha is done mix in 1 or 2 tablespoonsful of butter.

Millet Kasha with Pumpkin

1 1/2 cupsful millet
750 g pumpkin or winter squash
3 cupsful water
1 tsp salt

Pare the pumpkin and remove the seeds. Cut it up and cook in water for 10 to 15 minutes. Add the washed millet and continue to cook for 15 to 20 minutes. When the cereal has largely taken up the water, set it over the lower part of the double-boiler and steam for 25 to 30 minutes. Pass butter when serving.

Millet Kasha with Milk

1 cupful millet
4 cupsful milk
1 tblsp sugar
1/4 tsp salt

Bring the milk to a boil and add the washed millet. Stir frequently and cook over low heat for 30 minutes. Add the sugar and salt, mix and set over the lower part of the double-boiler or keep it on the hob to steam for 15 or 20 minutes.

Millet Kasha with Milk and Pumpkin

1 cupful millet
3 cupsful milk
1 tsp sugar
500 g pumpkin or winter squash
1/2 tsp salt

Pare the pumpkin, remove the seeds and cut into small pieces. Heat the milk in a casserole,

add the pumpkin and cook for 10 to 15 minutes. Stir in the washed millet, add salt. Mix and cook for another 15 to 20 minutes till the cereal takes up the milk. Put the casserole in a water bath in the oven; steam for 25 to 30 minutes.

Crushed Wheat Kasha

2 cupsful crushed wheat
4 cupsful water
1 tsp salt

Bring the salt water to a boil and add the cereal which has been washed (if not too fine). Stirring constantly, cook for 15 to 20 minutes. When the cereal takes up the water, cover with a lid and keep it on the hob (or cook in a double-boiler) for 40 to 50 minutes. Serve with butter or condensed milk.

Crushed Wheat Porridge

Follow the above directions using 5 cupsful of water.

Whole Wheat Porridge

2 cupsful whole wheat
5 to 6 cupsful water
Salt to taste

Bring the salt water to a boil and pour in the washed cereal. Cover with a lid, cook for 25 to 30 minutes stirring from time to time. Steam for $1^1/_2$ to 2 hours.

Barley or Cracked Oat Porridge

$2^1/_2$ cupsful cereal
1 tsp salt
2 or 3 tblsps butter
$4^1/_2$ cupsful water

Bring the salt water to a boil. Add the butter and pour in the cereal, cook until it has taken up the water, then keep it on the hob to steam for 30 to 40 minutes. Serve with butter.

Barley Porridge with Pork or Mutton Suet

$2^1/_2$ cupsful barley
1 tsp salt
100 g raw pork or mutton suet

Prepare the barley porridge according to the directions in the preceding recipe. Put the suet through the mincer or cut up fine with a knife. Render until the cracklings are browned. Add the rendered fat and cracklings to the porridge, mix and keep it on the hob to steam for 30 to 40 minutes.

Pearl Barley Kasha with Butter

2 cupsful pearl barley
1 tsp salt
2 or 3 tblsps butter

Pour the barley into boiling water and boil for 5 minutes. Drain the barley thoroughly in a sieve. Put $3^1/_2$ cupsful of water in the upper part of a double-boiler, add one tablespoonful of butter and salt. Bring to a boil. Pour in the cereal and cook until it thickens. Set it over the lower part of the double-boiler or on the hob to steam for $1^1/_2$ hours.

When the kasha is done, mix in 1 or 2 tablespoonsful of butter.

Pearl Barley Porridge with Milk

1 cupful pearl barley	1/2 tblsp sugar
4 cupsful milk	1/4 tsp salt

Wash the barley, cook in boiling water for 10 to 15 minutes, then drain in a sieve. Bring the milk to a boil and add the drained barley. Cook over low heat for 15 minutes stirring from time to time. Add the sugar and salt, and mix. Cover with a lid and set over the lower part of a double-boiler for 10 to 15 minutes.

Guryevskaya Kasha

1/4 cupful mannacroup*	50 g almonds
2 eggs	1/2 vanilla powder
1/4 cupful sugar	1/2 fruit can
2 cupsful milk	Salt to taste
2 tblsps butter	

Bring the milk to a boil, add sugar, salt and vanilla. Gradually stir in the mannacroup and cook for 10 minutes stirring continuously. Add the butter and raw eggs. Mix thoroughly and transfer to a buttered baking pan. Sprinkle with sugar and bake until the crust is golden brown. Serve garnished with canned fruit and sweet sauce. Sprinkle with roasted almonds. This kasha may be served for dessert.

Puddings and Cakes (Zapekanka and Bitochki)

The cereals most commonly used for zapekanka and bitochki are millet, rice and mannacroup (semolina). Zapekanka is made of thick porridge (1 cupful of cereal and 3 cupsful of milk or water) baked in a buttered pan dusted with bread crumbs. The top is sprinkled with bread crumbs and dotted with butter. It is baked for 15 to 20 minutes until the crust is golden brown.

Mannacroup Pudding with Fruit (Zapekanka with Fruit)

1 cupful cereal	sugar
4 cupsful milk	2 eggs
100 g fruit	2 or 3 tblsps
(cooked or canned)	butter
2 or 3 tblsps	1/2 tsp salt

Cook the cereal in the milk. When done add the sugar, eggs, salt and butter and mix thoroughly. Pour into a buttered baking pan, level off the top and sprinkle with sugar. Bake until the crust is golden brown. Before serving put fresh, cooked or canned fruit on each piece and pour sweet fruit or berry sauce over the zapekanka.

Millet, Rice, Barley or Oat Pudding (Zapekanka)

1 cupful cereal	1 tblsp bread crumbs
3 cupsful milk	1/4 tsp salt
1 tblsp sugar	2 tblsps butter

Bring the milk to a boil, add the cereal and cook until thick. Season with salt and sugar and mix thoroughly. Put the cereal in a baking pan which has been buttered and sprinkled with bread crumbs. Bake until browned, unmould and cut into 5 or 6 portions. Before serving pour butter over. Instead of butter, hot berry kissel[30] sprinkled with sugar, or sour cream may be poured over.

Millet Pudding with Raisins

Make a millet porridge with milk or water as directed. Add a raw egg and raisins that have been washed in cold water. Mix thoroughly. Butter a baking pan and dust with bread crumbs. Spread the porridge in the baking dish and bake until golden brown.

Buckwheat Porridge Pudding with Curds

1 cupful buckwheat groats
200 g curds or cottage cheese
2 eggs
2 cupsful milk
½ tsp salt
2 tblsps butter
2 tblsps sugar
½ cupful sour cream
Bread crumbs

Bring the milk to a boil, add the groats and cook until thick as porridge. Add curds which have been pressed through a strainer or passed through a mincer. Stir in sour cream. Then add the raw eggs, salt and sugar. Combine thoroughly, pour into buttered baking pan which has been dusted with dry bread crumbs. Brush with sour cream and pour over a tablespoonful of melted butter. Bake for 40 to 50 minutes. Serve with butter or sour cream poured over.

Buckwheat Kasha Pudding with Curds

1 cupful buckwheat groats
200 g curds or cottage cheese
½ cupful sour cream
2 eggs
2 tblsps sugar
½ tsp salt
2 tblsps butter
Bread crumbs

Cook a fluffy buckwheat kasha. Add the curds which have been pressed through a strainer or put through a mincer, sour cream, eggs, sugar and salt. Mix thoroughly and spread in an even layer in a buttered baking pan that has been sprinkled with bread crumbs. Level the top, brush with sour cream and bake in a hot oven for 30 to 40 minutes. Serve with melted butter or sour cream poured over.

Buckwheat Pudding with Fresh Mushrooms

1 cupful buckwheat groats
500 g fresh mushrooms
½ cupful sour cream
2 tblsps butter

Make a buckwheat kasha as directed. When done, add the mushrooms, butter and sour cream. Mix thoroughly. Transfer to a casserole or baking pan and bake for 20 to 30 minutes.

Millet Cakes

1 cupful millet
½ cupful water or milk
1 tblsp sugar
1 tsp salt
½ cupful bread crumbs
2 or 3 tblsps butter

Add salt, sugar and washed millet to boiling water (or milk). Cook for 15 to 20 minutes stirring constantly. Cover tightly and steam for 25 to 30 minutes, then cool. When cool enough to handle, wet the palms of your hands in cold water and shape the cooked millet into round cakes (bitochki). Dip in bread crumbs or flour and fry in butter. Serve with kissel[12], sour cream, butter or milk sauce.

Buckwheat Cakes

1 cupful buckwheat groats
100 g curds or cottage cheese
1 tsp sugar
½ cupful bread crumbs
½ tsp salt
2 tblsps butter
2 eggs

Add salt to 1½ cupsful of water and bring to a boil. Add the cereal and cook for 30 to 45 minutes. When the cereal thickens, add the curds which have been pressed through a strainer or put through a mincer, eggs and sugar; mix. Shape into cakes (bitochki). Dip in bread crumbs and fry till brown. Serve garnished with sour cream. Without sour cream these cakes may be served with borshch[17] or rassolnik[22].

Boiled Milk Zapekanka[21]

½ cupful milk
200 g butter
400 g flour
7 raw eggs
Sugar

Bring the milk and butter to a boil, add the flour and cook for 5 minutes constantly stirring. Cool to 70 °C (130 °F). Add the sugar, eggs and mix thoroughly. Put in a baking pan and bake in the oven.

Boiled Sour Cream Pudding (Zapekanka)

500 g sour cream
1¼ cupsful flour
6 eggs (raw)
2 tblsps sugar
Raisins

Warm the sour cream, stir in the flour and heat constantly stirring for 5-6 minutes. Remove from heat and cool to 70 °C (130 °F). Add eggs, one at a time, mix to blend. Add sugar and raisins previously scalded. Mix thoroughly, put into the mould and bake.

Biscuit Zapekanka[21]

4 eggs
½ cupful flour
2 tblsps potato flour
1 tblsp sugar
Rind of ½ lemon

Rub together the eggs and sugar. Add the grated lemon rind. Carefully stir in the flour and potato flour. Mix thoroughly. Transfer into a baking mould which has been buttered and sprinkled with flour. Bake in the oven.

Millet Pudding (Zapekanka) with Pumpkin

1 cupful millet
400 g pumpkin
4 cupsful milk
2 eggs
3 tblsps butter
Cinnamon
Sugar, salt to taste
Dry bread crumbs
Cream
Powdered sugar

Bring the milk to a boil and add the washed millet. Stir frequently and cook over low heat for 30 minutes. Add sugar and salt. Pare the pumpkin and remove the seeds. Put the pumpkin which has been rubbed through a sieve, chopped eggs and cinnamon into the porridge (kasha). Mix thoroughly. Butter a baking pan and dust with dry bread crumbs and lay the porridge with pumpkin in it. Bake in the oven. Serve with cold milk, cream, powdered sugar and cinnamon.

Apple Zapekanka[21]

500 g apples
300 g white bread
1 cupful milk
1 egg
1 cupful sugar

Slice the dry white bread (without crust) and soak in the egg-and-milk mixture with sugar. Spread the soaked bread on the bottom and along the walls of the well oiled mould.
Pare, core and slice the apples. Add sugar and butter and warm. Transfer the apples into the mould, cover with the soaked bread, sprinkle with butter and bake in the oven.

Plov (Pilau)

Plov is a rice dish cooked in a special way. The different plov derivatives have been known to include such a variety of ingredients as roast or stewed lamb, poultry, fish, eggs, cooked or dried fruits, nuts and vegetables. The usual procedure for making plov is to wash and soak the rice for an hour in warm water, drain it thoroughly in a strainer and then cook it in one of the two following ways:

I

Plunge the washed rice into boiling salt water and cook until the grains are soft, but still firm inside. Drain in a strainer and then pour over cold water to cool. Melt fat in a deep casserole, put in the rice and pour over the rest of fat. Cover tightly with a lid and keep it on the hob for 40 to 45 minutes. To prevent the rice from sticking to the casserole, put a thin flat cake of noodle dough on the bottom. The cake is served along with the plov.

II

Bring to a boil two cupsful of salt water, add half the butter or rendered fat and pour in one cupful of rice. Boil gently without stirring. When the rice absorbs the water, add the remaining fat, cover the casserole tightly and cook for 30 to 40 minutes longer.

Plov with Lamb

½ cupful rice
500 g lamb
2 onions
2 medium-sized pomegranates
½ cupful boiled butter
Salt to taste
Pepper

Cut the meat into small pieces and dredge with salt and pepper. Sauté in butter or drippings together with the finely chopped onions. As soon as the onions and meat are browned, add water to cover and the pomegranate kernels. Cover with a lid and braise until tender. Serve the meat together with the pan juices. Heap the hot plov on top. (Cook the plov as directed.)

Georgian Plov

2 cupsful rice
150 g raisins
150 g honey
½ cupful boiled butter

Prepare the plov as directed. Mix the honey with an equal amount of hot water and add the raisins. Pour this sauce over the plov and cook for 10 minutes.

Uzbek Plov

400 g fatty mutton
2 or 3 cupsful rice
200 to 300 g carrots
150 to 200 g onion
200 g mutton (beef) fat or vegetable oil
Salt to taste
Pepper

Cut the mutton into small pieces and brown in a kettle (preferably of cast iron) in hot fat. Add the shredded onion and then the shredded carrots and brown them together with the mutton. Pour over 4 cupsful of water, season with salt and pepper and bring to a boil. Wash the rice, add it to the meat and smooth off on top. When the water is absorbed, with a paddle make several vertical pipe holes through the plov to the bottom of the kettle. Pour 1 or 2 tablespoonsful of water into the holes to keep the plov from burning. Cover the kettle tightly with a lid and cook for 25 to 30 minutes over low heat. Serve heaped on a platter with the mutton on top. Garnish with chopped raw onion.

Uzbek Plov with Quince

500 g mutton (beef)
200 g fatty mutton
1½ cupsful rice
300 g quinces
200 g carrots
200 g onion
Salt, pepper to taste

Wash and soak the rice for 2 or 3 hours in salt cold water (10 g salt per 1 l water). Cut the mutton into small pieces (10-12 g) and brown in a kettle in hot mutton fat until the pieces have a golden crust. Add the shredded onion and carrots and brown together with the mutton, add the rice to the mutton. Pour over 4 cupsful of water, season with salt and pepper and boil. When the water boils away, add parboiled quince and carrots, cover tightly with a lid and cook for 30 to 35 minutes over low heat.

Plov with Pumpkin and Fruit

1 1/2 cupsful rice	100 g quinces
500 g pumpkin	100 g raisins
200 g apples	1/2 cupful butter

Pare and core fresh apples and quinces; dice finely and mix with raisins. Melt part of the butter in a casserole and line the bottom with a layer of pumpkin. Put 1/3 of the rice over the pumpkin and a layer of mixed fruit over the rice. Add two more alternating layers of rice and fruit. Pour over the remaining butter and add water to cover the top layer of the rice. Cover the casserole tightly and cook over low heat for one hour.

Plov "Ararat"

(Armenian Manner)

1,7 kg rice	200 g raisins
800 g apples	100 g shelled almonds
900 g quinces	100 g dried apricots
300 g butter	50-100 g alcohol

Prepare the plov as in the preceding recipe and heap it in an oblong platter. Place around the plov rows of baked apples and quinces, raisins and dried apricots fried as in the above recipe and the shelled almonds. Hollow out two raw apples and pour alcohol into them. Place an apple at each end of the platter. Turn out the lights, ignite the alcohol in the apples and serve.

Noodle Pudding (Lapshevnik)

250 g noodles	2 tblsps bread crumbs
1 egg	1 tblsp butter
1 cupful milk	1/2 tsp salt
2 tblsps sugar	

Cook and drain the noodles. Put them in a buttered baking pan and pour over the milk, raw egg, sugar and salt which have been combined. Sprinkle with bread crumbs and butter. Bake for 15 to 20 minutes or until browned. Serve sprinkled with sugar and buttered.

Noodle Pudding with Curds

250 g noodles	2 tblsps bread crumbs
2 eggs	1/2 tsp salt
1 cupful curds	1 tblsp butter
2 tblsps sugar	

Cook the noodles, drain and mix with beaten eggs, salt and sugar. Rub the curds through the strainer or put them through the mincer. Add the curds to the noodles and mix. Put into a buttered pan, sprinkle with bread crumbs, and butter. Bake for 15 to 20 minutes. Sprinkle with sugar before serving.

Noodle Pudding with Meat

250 g noodles	2 tblsps bread crumbs
250 g meat (boned)	1 tblsp butter
1 egg	1 onion (optional)
1/2 tsp salt	Pepper to taste

Cook and then drain the noodles. Put the meat (beef, lamb or pork) through the mincer, season with salt and pepper and sauté in butter over low heat. When the meat is tender, put it through the mincer again. Add 2 tblsps stock or water drained from the noodles. Mix thoroughly. If desired, add sautéed onion to the meat. Cooked meat may be substituted for raw meat. Add a raw egg and salt to the noodles and mix. Put a layer of noodles in a buttered baking pan, spread the meat over the noodles and cover with another layer of noodles. Level off the top, dust with bread crumbs and sprinkle with butter. Bake for 15 to 20 minutes.

String Beans with Walnut Sauce

Wash and remove the strings of the beans. Cut and cook in boiling salt water for 15 to 20 minutes. Drain in a strainer, transfer to a salad bowl and pour over walnut sauce.

Walnut Sauce

100 g shelled walnuts
100 g dry or green onions
50 g kindza[10] or parsley greens
1/4 cupful vinegar
1 clove of garlic
Salt to taste
Paprika

Grind the nut meat and garlic. Add salt, paprika, chopped onion and chopped kindza. Combine thoroughly and stir in the vinegar.

Beans, Peas and Lentils

Beans and Walnuts (Lobio, Georgian Manner)

1 cupful beans
50 g shelled walnuts
Salt to taste
1 onion or 75 g green onions
Pepper to taste

Wash and soak the beans in cold water for 3 or 4 hours. Drain, add cold water to cover and cook until tender; add the chopped onion and bring to boiling point. Add crushed walnuts to the beans. Season with salt and pepper. Mix with a wooden spoon. Serve hot or cold sprinkled with chopped greens.

Lentils and Dried Apricots

1 cupful lentils
50 g dried apricots
1 or 2 onions
25 g shelled walnuts
2 or 3 tblsps vegetable oil
Salt, pepper
Chopped kindza[10]

Wash and put the lentils in 2 1/2 cupsful of cold water. Bring to a boil and cook for 1 to 1 1/2 hours. Soak the dried apricots for 15 minutes in warm water, then drain. Sauté the apricots and chopped onion in the oil. Season with salt and pepper. Add to the lentils the chopped walnuts. Cook for 10 to

15 minutes. Serve sprinkled with finely chopped kindza.

White Beans Paste

320 g white beans
80 g seedless raisins
120 g shelled almonds
Parsley
2 tsps vegetable oil
Lemon slices
Salt to taste

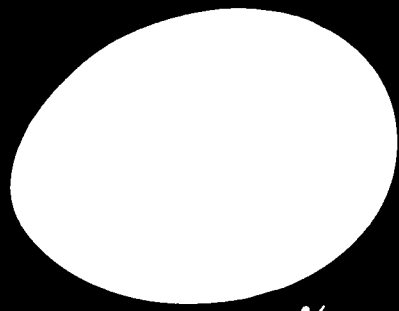
Wash, cook, drain and then press the beans through a sieve. Remove the skins from the almonds which have been soaked, chop them up and add to the bean paste along with the raisins. Transfer the mixture to a baking pan that has been greased with vegetable oil and cook over low heat for 10 to 15 minutes. Serve garnished with lemon slices and parsley.

DAIRY DISHES

cottage cheese pancakes

1/2 cupful sour cream

1/2 cupful flour
2 tblsps butter
2 tblsps sugar



500 g cottage cheese

1 egg

Cottage Cheese and Curds

Thin Pancakes with Cottage Cheese

2 cupsful flour
3 cupsful milk
2 eggs
3/4 cupful sugar
500 g cottage cheese
3/4 cupful sour cream
2 tblsps butter
Salt to taste

Beat one egg in a mixing bowl. Add 1 tblsp sugar, 1/3 tsp salt and 1 cupful of cold milk and blend. Gradually add the sifted flour and mix with a wooden paddle till smooth. Stir in the remaining milk and beat vigorously. Pour just enough batter onto a well-heated greased griddle or frying pan to make a thin pancake. Cook over medium heat. Brown on one side only. Quickly grease the pan and pour the batter for the next pancake. Blinchiki must be very thin. If they are thick, thin the batter with a little milk.

Cottage Cheese Filling

Rub the cottage cheese through a sieve, add beaten egg yolk, sugar, 1/2 tsp salt, a little grated lemon or orange rind and 1 tblsp boiled butter. Blend the ingredients thoroughly. Raisins may be added.

Put a heaping tablespoonful of cottage cheese mixture on the browned side of the pancake and fold up like an envelope. Brush with egg white the edge of the pancake folded last, this will prevent it from unwrapping in the frying pan. Brown evenly in butter. Dredge with powdered sugar and serve hot. Pass sour cream in a sauceboat.

Ukrainian Cottage Cheese Dumplings (Galushki)

500 g cottage cheese
2 eggs
3 tblsps sugar
3 tblsps butter
1 cupful flour
2 tblsps bread crumbs
1/2 tsp salt
1/2 cupful sour cream

Pass the cottage cheese through a mincer or rub through a sieve. Add beaten eggs, sugar, 1 tblsp melted butter and salt. Mix thoroughly. Work in the sifted flour and knead. Transfer to a floured dough board and divide into four parts. Shape each piece into a long sausage-like roll, flatten slightly and slice off wedge-shaped pieces about 1/2 cm thick. Lay in boiling salt water and cook until the galushki rise to the top. Drain and serve hot with boiled butter poured over and sprinkled with browned bread crumbs. Serve with sour cream. Galushki may be browned in the oven. For this they should be poured over with sour cream and dotted with butter. Then put the pan with the galushki in a water bath and bake until the crust is golden brown.

Cottage Cheese Pudding

500 g cottage cheese
1 egg
3 tblsps sour cream
3 tblsps sugar
1/4 vanilla powder
2 tblsps mannacroup
100 g raisins
1 cupful berry or fruit juice syrup
3 tblsps butter
Salt to taste

Put the cottage cheese through the mincer, and 2 tblsps boiled butter, a beaten egg and

sugar, mannacroup, 1/2 tsp salt and the vanilla. Mix thoroughly with a wooden paddle; add the raisins. Transfer the mixture to a buttered pan dredged with bread crumbs. Level the top, brush with sour cream and dot with butter. Bake for 25 to 30 minutes in a hot oven. Serve hot with syrup or sour cream poured over.

Sweet Cheese Paste

500 g cottage cheese or curds
100 g butter
3 tblsps sour cream
1 cupful sugar
1/2 vanilla powder
1/4 tsp salt
Fresh or fresh-frozen berries (optional)
Roasted almonds or pistachio nuts (optional)

Cream the butter until light and fluffy. Add the sugar, vanilla and salt and blend. Gradually add the cottage cheese which has been rubbed through a sieve and the sour cream, mix thoroughly. When the paste is smooth, heap it on a plate and smoothen with a knife. Garnish with fresh or fresh-frozen berries, chopped roasted almonds or pistachio nuts. Chill before serving. If desired, any of the following may be added: 1 tblsp cocoa or powdered chocolate, 1 tsp cinnamon, finely shredded candied fruit or raisins.

Curds in Jelly

150 g curds (cottage cheese)
30 g milk
20 g sugar
250 g berry juice (cranberry or red currant)
15 g gelatin
3/4 cupful water
3/4 cupful sugar
Vanilla or grated lemon rind to taste

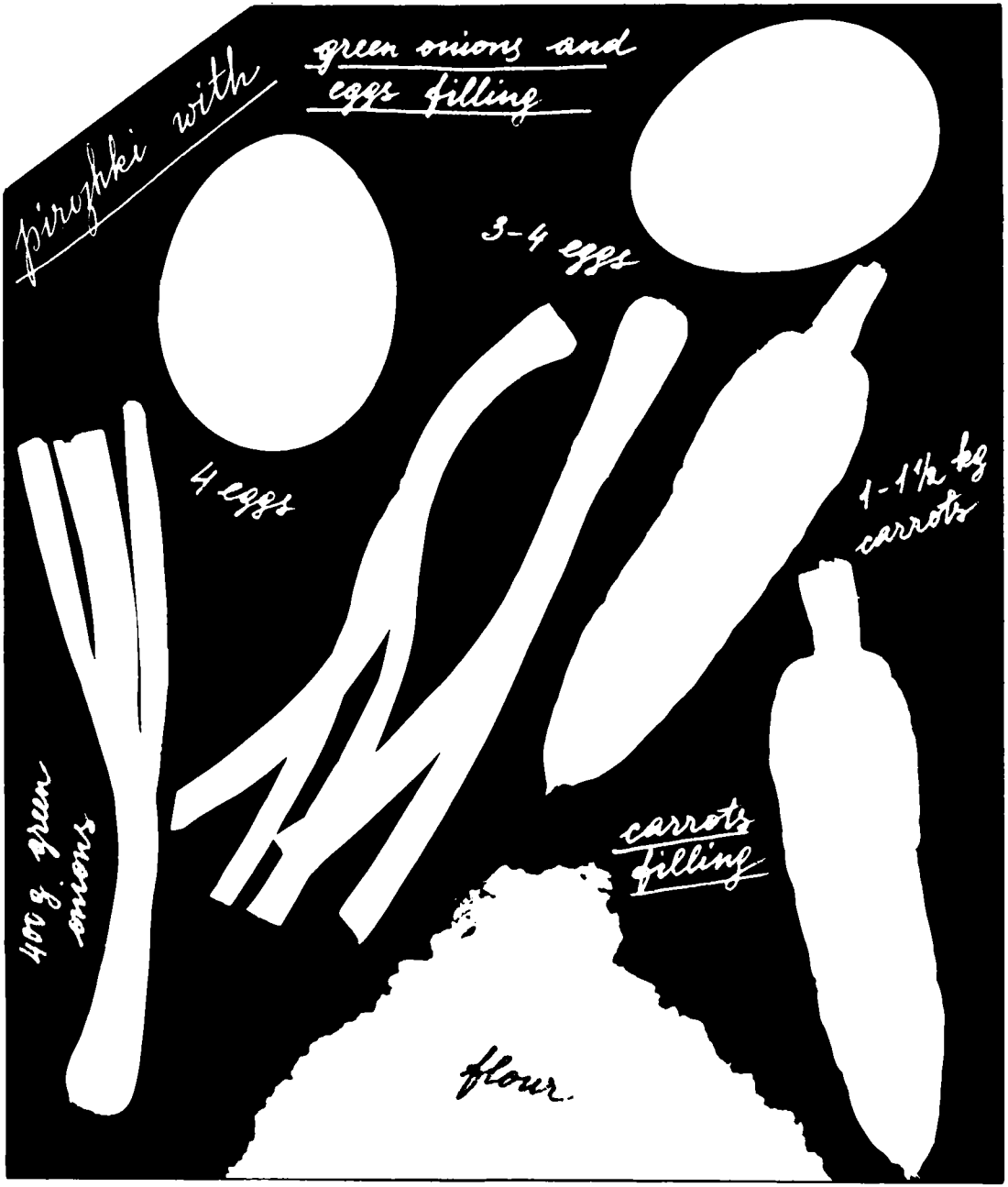
Soak the gelatin in cold boiled water. Make a syrup with 3/4 cupful water and 3/4 cupful sugar. Cool. Add the gelatin and the berry juice (cranberry or red currant).
Heat and strain. If needed, clarify with egg whites (as directed in the recipe for jellied zander).
Press the curds through a sieve, add the milk, sugar and vanilla or grated lemon rind. Pour the jelly (part of it) into the moulds just to cover the sides with a thin layer, chill, then lay the curds into the moulds and pour over the rest of the jelly. Refrigerate.

Curds Cake

160 g flour
160 g curds
240 g sugar
120 g butter
Cocoa
Lemon juice (optional)
Baking soda
Salt to taste

Rub the curds through a thick sieve and mix thoroughly with the creamed butter. Mix the eggs and sugar to blend and beat in the water bath. Combine with the curds-and-butter mixture. Add the sifted flour, salt and mix till smooth. Add powdered cocoa and lemon juice, if desired. Put the batter into moulds and bake in the oven at 150 °C (270 °F). Cool the cake and decorate, if desired.

FANCY BREADS AND PIES


Pirozhki with
green onions and
eggs filling
3-4 eggs
4 eggs
1-1½ kg
carrots
400 g green
onions
carrots
filling
flour

Pirozhki, Pirogi, Kulebyaki

Pirozhki are small closed pies, patties or turnovers of various shapes usually made of straight dough, flaky paste or short-cake dough; they may be baked or deep fried. Ordinarily they weigh 75-80 g, and about 50 g if served with soup.

Pirogi may briefly be described as large-sized pirozhki. However, pirogi are made with either straight or sponge dough. They may be closed, covered with a lattice or open.

Kulebyaki resemble pirogi but contain more filling and less dough.

Any of these may be served as a soup accompaniment, zakuski[1] or main dishes. Their place in the menu is determined by the filling.

Pirozhki, pirogi and kulebyaki have their counterparts in many countries but they can hardly compare with Russian cookery as regards variety of filling, shape, size and manner of cooking.

Straight Dough

1 kg flour
10-40 g yeast
2 cupsful milk (or water)
2-4 eggs
2-4 tblsps butter (margarine)
1 tblsp sugar
1 tsp salt

A straight dough is one in which the ingredients are all blended at one time, kneaded and set aside to rise. Rub the yeast and sugar together with the back of a spoon until the yeast becomes liquefied. Stir in the luke warm liquid and beaten eggs. Add flour and salt which have been sifted together and knead until smooth. Add the butter (margarine) last and knead until smooth and elastic. Set aside to rise in a warm place for 2 1/2 to 3 hours. Yield: 38-40 pirozhki.

Sponge Method

Make a thick batter using all the required liquid, the yeast, sugar and about half the flour. Mix until smooth and stand in a warm place for 45-60 minutes. After the sponge has doubled its original bulk and begins to settle, add the remaining flour, salt, butter and eggs. Knead until smooth and elastic and form a ball, leaving the sides of the bowl clean. Set aside to rise in a warm place for 1 1/2 to 2 hours.

Shortcake Dough

I

500 g flour
1 cupful sour cream
2 tblsps butter or margarine
2 eggs
1 tblsp sugar
1/2 tsp salt

II

500 g flour
200 g butter or margarine
1 tblsp sugar
2 tblsps vodka or brandy
1/2 tsp salt

Sift the dry ingredients together. Make a hollow in the centre. Beat together the sour cream, eggs and butter. Pour them into the hollow and quickly knead into a smooth

dough. Shape into a ball, cover with a cloth and chill for 30 to 40 minutes. Roll this dough into a sheet $^1/_2$ cm thick, cut into the desired shapes, brush with egg and put a bit of filling on each piece. Fold and pinch the edges. On the baking pan space the pirozhki $1^1/_2$ to 2 cm apart. Brush with beaten egg and bake for 10 to 15 minutes. Yield: 20 to 25 pirozhki.

Flaky Paste

500 g flour
400 g butter
Juice of $^1/_2$ lemon
$^1/_2$ cupful water
1 tsp salt

Sift the flour. Combine one half the flour with the butter, roll into a square $1^1/_2$ to 2 cm thick and set aside to chill. Sift together the remaining flour and salt and make a dough with the water and lemon juice. Shape into a ball, cover with a cloth and set aside for 20 to 30 minutes. After this roll the dough out until it is twice as wide and a little longer than the piece of dough made with the butter. Put the butter and flour dough on it, fold over the sides of the bottom layer, and pinch the edges together to make a closed "envelope". Dust with flour and roll the "envelope" into a strip 20 to 25 cm wide and about 1 cm thick. Carefully fold to quarter size and chill for 30 to 40 minutes. Roll out the chilled dough, fold and chill again. After rolling and chilling the dough once more, it may be rolled and cut for pirozhki, pirogi, etc. Do not knead the cuttings, merely press them together, chill and then roll and cut into the desired shape for pirozhki or shells.

Curd Pie (Vatrushka)

I

Make an yeast dough, divide into pieces, roll them into balls, put them on a buttered baking pan 2-3 cm (about an inch) apart and set aside in a warm place. When the balls rise, make a depression in each with the bottom of a small glass and fill it with curd (cottage cheese). Brush the vatrushka with egg and bake for 10-15 minutes.
These pies may also be filled with fresh berries or jam. If fresh berries like strawberries, wild strawberries and raspberries are used, put them into the depression, sprinkle with sugar and brush the edges of the dough with egg.

II

Make a shortcake dough, roll it out $^1/_2$ cm thick, cut round cakes 5-6 cm across, knead the trimmings, roll and cut. Put cottage cheese (curds) or berries in the centre of each cake, pinch the edges but leave the centre open. Put the cakes on a baking pan or sheet, brush with egg and bake in a hot oven for 10-15 minutes.

Belyash (Kazakh Meat Pie)

500 g flour
1 cupful milk
1 tsp sugar
15 g yeast
$^1/_2$ tsp salt

Make a yeast dough and divide it into small cakes. Put a spoonful of meat filling (see below) in the middle of each cake, pinch the edges so that part of the filling is covered by the dough. Heat fat in a frying pan and fry the belyash on both sides, open side first.

Filling

400 g meat (boned)	Frying fat
2-3 onions	Salt to taste
3 tblsps water	Pepper

Put the meat through the mincer, mix with chopped onion, salt and pepper.

Deep Fried Pirozhki

1 kg flour	4 tblsps sugar
2½ cupsful milk	4 eggs
4 tblsps butter	1 tsp salt
10 g yeast	

Make a sponge. For this dissolve the yeast in the warm milk, add half the flour and mix until smooth. Set aside for 40-50 minutes. When the sponge rises mix in the melted butter, eggs, sugar and salt. Add the remaining flour and knead until the dough leaves the sides of the bowl. Set aside in a warm place for 1½ hours. As soon as the dough rises, beat it down; after it rises again turn it onto a floured dough board.

A straight dough may also be made with these ingredients. Dissolve the yeast in the warm milk, add the butter, eggs, sugar, salt, and all the flour, knead thoroughly, set aside and let the dough rise twice.

While the dough rises, prepare the filling to have it ready by the time the dough rises for the second time.

Cut the dough into 40-50 g pieces, roll and shape into balls. Allow them to rise a little, then roll each ball into a cake 0.5 to 1 cm thick. Put filling in the middle of each cake, join the edges and pinch. Lay the pies on a floured board or baking sheet and set aside in a warm place to rise.

Deep fry, browning on both sides. Preserves, jam, apples or the fillings given below may be used for these pies.

Fillings

(For dough made with 1 kg of flour)

Raw Meat

800 g beef (boned)	1 or 2 onions
2 or 3 tblsps	Salt, pepper
butter	Chopped dill or
3 eggs	parsley

Put the raw meat through the mincer, sauté in butter and then put it through the mincer again. Separately sauté the chopped onion, combine with the meat, chopped hard-cooked eggs, chopped parsley or dill. Add salt and pepper to taste.

Cooked Meat

Put the meat through the mincer. Sauté the chopped onion, add the meat and fry for another 3 or 4 minutes. Add chopped hard-cooked eggs, dill, salt and pepper to taste and 1 or 2 tblsps butter. Add 1 or 2 tblsps meat stock if the filling is too dry.

Pluck

1 kg pluck
2 or 3 tblsps butter
Chopped dill or parsley
3 eggs
2 onions
Salt, pepper

Beef, calf, lamb or pork pluck may be used. Wash in warm water and cook till tender. Cut into small pieces and put through the mincer. Sauté slightly together with the chopped onions. Add chopped hard-cooked eggs, dill or parsley. Season with salt and pepper.

Buckwheat Kasha[19] and Liver

300 g liver
1 cupful buckwheat groats
2 or 3 tblsps butter
3 eggs
1 or 2 onions
Salt to taste
Pepper

Wash veal, lamb or pork liver in cold water. Cut into small pieces and sauté in butter together with the chopped onions. When tender, finely chop the liver, season with salt and pepper, mix with buckwheat kasha made of 1 cupful of groats, and chopped hard-cooked eggs.

Fish

750 g fish (500 g fillet)
2 tblsps butter
1 or 2 onions
Salt, pepper
Chopped dill
Hard-cooked egg (optional)

Cut the boned fillet of pike, zander, catfish or carp into small pieces. Dredge with salt and pepper and sauté in butter. Combine with sautéed chopped onion and dill and mix thoroughly. Chopped hard-cooked egg may be added.

Fish and Rice

300 g fillet of fish
$^3/_4$ cupful rice
2 or 3 tblsps butter
Salt, pepper
Chopped dill or parsley

Cut the fillet into small pieces and sauté in 1 to $1^1/_2$ tblsps butter. Boil and drain the rice thoroughly. Add the rice, boiled butter and dill or parsley to the fish. Season with salt and pepper to taste.
This recipe may be varied by substituting cooked fish. If desired, chopped sautéed onion may be added.

Viziga[3]

100 g viziga
2 or 3 tblsps butter
Boiled rice (optional)
3 or 4 eggs
Salt, pepper
Chopped parsley or dill

Soak the viziga in cold water for 2 or 3 hours. Wash, add fresh water to cover and cook for

3 to 3½ hours. When tender, drain thoroughly in a colander. Put the viziga through the mincer or cut it with a sharp knife. Add boiled butter, chopped hard-cooked eggs and parsley or dill. Season with salt and pepper to taste and mix thoroughly. If desired, boiled rice, small pieces of fish and chopped onion sautéed in butter may be added.

Rice and Eggs

1¼ cupsful rice
3 or 4 eggs
Salt, pepper
Chopped dill
2 or 3 tblsps butter

Wash the rice and boil in salt water (10 to 12 cupsful). Drain thoroughly in a strainer. Mix together the boiled rice, chopped hard-cooked eggs, butter, dill and salt to taste.

Buckwheat Kasha and Eggs

2 cupsful buckwheat groats
3 or 4 eggs
2 or 3 tblsps butter or boiled butter

Prepare a fluffy buckwheat kasha and mix with the chopped hard-cooked eggs and butter. Salt to taste.

Buckwheat Kasha and Dried Mushrooms

2 cupsful buckwheat groats
2 or 3 tblsps butter or boiled butter
50 g dried mushrooms
1 onion
Salt to taste

Prepare a fluffy buckwheat kasha and mix with the chopped onion sautéed in butter and the mushrooms cooked and finely chopped. Salt to taste.

Fresh Mushrooms

1 kg mushrooms
1 or 2 tblsps butter
Chopped parsley or dill
1 onion
¼ cupful sour cream
Salt to taste

Clean, wash and cook the mushrooms till tender. Cut them into small pieces and sauté in butter. Add the sour cream, sautéed onion and salt to taste. Cover and simmer for 10 to 15 minutes. Add the parsley or dill and cool.

Pickled Mushrooms

1 kg pickled mushrooms
1 or 2 onions
2 or 3 tblsps boiled butter or vegetable oil
Pepper

Wash the mushrooms. If too pungent, soak them for an hour or two in cold water. Drain thoroughly, cut the mushrooms fine and sauté in butter. Separately sauté the chopped onion and then mix with the mushrooms, add pepper to taste.

Dried Mushrooms and Rice

50 g dried mushrooms
1 cupful rice
1 or 2 onions
2 or 3 tblsps butter or vegetable oil
Salt, pepper

Cook the mushrooms and cut them fine. Add sautéed chopped onion, mix and sauté for 2 or 3 minutes. Boil the rice, drain and mix with the mushrooms. Season with salt and pepper.

Rice or Millet with Raisins

1 cupful rice or millet
200 g raisins
2 or 3 tblsps sugar
1 1/2 tblsps butter

Wash the raisins in warm water, drain thoroughly and dry on a cloth. Mix them with boiled rice or fluffy millet kasha, sugar and butter.

Fresh Cabbage

1 1/2 to 2 kg head of fresh cabbage
3 or 4 eggs
2 or 3 tblsps butter
1 tsp sugar
Salt to taste

Clean and shred the cabbage. Scald in a colander, then rinse with cold water and drain thoroughly. Sauté in butter for 10 or 15 minutes, stirring continuously. Mix with chopped hard-cooked eggs, add sugar and salt to taste.

Sauerkraut and Mushrooms

1 kg sauerkraut
3 or 4 tblsps fat
2 or 3 onions
50 g dried mushrooms
Salt to taste
Pepper

If the cabbage is too sour, rinse it in water and then scald. Chop up fine, add butter or vegetable oil, cover and braise until tender (for 5 hours). Separately sauté chopped onions and add to finely cut up cooked mushrooms, salt and pepper to taste. Sauté for 3 or 4 minutes and mix with the cabbage.

Green Onions and Eggs

400 g green onions
4 eggs
3 or 4 tblsps butter
Salt, pepper

Wash and cut up the green onions. Sauté slightly and then mix with the chopped hard-cooked eggs. Season with salt and pepper to taste.

Carrots

1 to 1 1/2 kg carrots
3 or 4 eggs
2 or 3 tblsps butter
1 tsp sugar
Salt to taste

Scrape, wash and finely dice the carrots. Add 1/2 cupful of water, one spoonful of butter, cover with a lid and simmer until tender. Mash the carrots. Add sugar, butter and salt to taste. Add the chopped hard-cooked eggs and mix thoroughly.

Curds (Cottage Cheese)

500 g curds
1 egg
Salt
1/2 cupful sugar
1 tblsp butter
1 tblsp flour

Rub the curds through the strainer or put them through the mincer. Add beaten egg,

flour, sugar and boiled butter, salt to taste. Mix thoroughly. If desired, vanilla flavouring, raisins or candied fruit may be added. Should the curds be too moist, put them in a cheese cloth and squeeze out the whey.

Apples

1 kg apples
1 cupful sugar

Pare, core and cut up the apples. Add sugar and 2 or 3 tblsps water. Cook over low heat until thick and mushy.
This filling may be used for pirogi made with straight or shortcake dough, flaky paste, for fancy bread, or deep fried dumpings.
If raw apples are used for filling, pare, core, chop and mix them with sugar.

Dried Apricots

400 g dried apricots
1 cupful sugar

Wash the dried apricots in warm water and drain. Add just enough water to cover and cook for 10 to 15 minutes. Drain the fruit in a sieve, spread it on the dough and sprinkle with sugar. Use the fruit liquor (see kissel[12]) or sweet sauce.

Apple Roll

500 g flour
50 g rum
50 g water
100 g vegetable oil
1 kg apples
100 g sweet almond
4 tblsps sugar
2 tblsps powdered sugar
Jam

Make a thick batter using 1 part of rum, 1 part of water and 2 parts of vegetable oil. Roll into a sheet 2-3 mm thick. Pare and core the apples, slice them and put in a saucepan. Add the crushed sweet almond, sugar and jam. Cook the apples until thick and mushy. Cool and spread on the sheet of batter, roll it up, put in a buttered frying pan and bake in the oven. When ready, cut crosswise into pieces and sprinkle with powdered sugar.

Pancakes

Bliny. Sponge Method

1 kg flour
4 to 5 cupsful milk
3 tblsps butter
2 eggs
2 tblsps sugar
$1^1/_2$ tsps salt
40 g yeast

Make the sponge by dissolving the yeast in 2 cupsful of warm water and adding 500 g flour. Mix until smooth, cover with a cloth and set aside in a warm place for about an hour, or until the batter becomes bubbly. Add the salt, sugar, egg yolks, melted butter (oil or margarine) and mix thoroughly. Gradually add the rest of the flour and beat until

smooth. Add the warm milk gradually, cup by cup and mix the batter thoroughly. Cover with a cloth and set aside in a warm place to rise. When the batter rises, beat it till it settles and set aside to rise again. The batter should rise no less than three times, then stir in beaten egg whites. Cook the pancakes on a hot griddle.

The pancakes will be drier if buckwheat flour is substituted for half the wheat flour. Make the sponge with the wheat flour and one tablespoonful of buckwheat flour along with the other ingredients and warm milk.

Thin Pancakes (Blinchiki) with Almonds

100 g sweet almonds
10 g bitter almonds
1/2 cupful powdered sugar
4 raw eggs

Prepare the thin pancakes (blinchiki) as directed above. Scald the almonds, skin and grind. Mix thoroughly with the powdered sugar and egg yolks until smooth. Add the beaten egg whites, mix again and use for filling the pancakes. Place the thin pancakes on a board (browned side up) and put the filling on each pancake, roll like an envelope and brown on both sides in a buttered frying pan.

Thin Pancakes (Blinchiki), Deep Fried in Butter

Prepare the pancakes (blinchiki) as directed above. Cut into thin strips 8 cm wide and dip in the butter warmed to 150 °C (270 °F). Stir-fry until the strips have a golden crust. Drain off the butter, sprinkle with powdered sugar mixed with cinnamon and bake in the oven. Serve with a sweet sauce.

Thick Pancakes (Oladyi) Made of Curds

800 g curds (cottage cheese)
100 g sour cream
1/2 cupful flour
3 eggs
50 g butter
Sugar
Cinnamon
Salt to taste

Rub the curds through a sieve, add the sour cream, eggs, butter, flour, salt and sugar. Mix thoroughly until smooth. Make small thick pancakes and brown on both sides in a hot griddle. Serve with butter. Sprinkle with cinnamon mixed with sugar.

Quick Pancakes

500 g flour
3 cupsful water
2 or 3 eggs
1 tblsp sugar
1/2 tsp salt
1/2 tsp baking soda
1/2 tsp acetic acid or cream of tartar

Beat the eggs and add warm water, salt, sugar and soda. Stir in the flour and mix with a whisk until the batter is smooth. Dissolve the acetic acid or cream of tartar in a cupful of water (additional) and stir it into the batter. Mix thoroughly and cook at once as directed.

Ukrainian Pancakes

300 g millet
300 g buckwheat flour
3 or 4 tblsps butter
2 eggs
2 tblsps sugar
1 cupful sour cream
2 cupsful milk
15 g yeast

Carefully wash the millet and cook a porridge. Chill and rub through a strainer. Bring to a boil $^1/_2$ cupful of milk and 1 tblsp butter. Stir in 1 cupful of buckwheat flour, make a thick batter and cool to room temperature. Add to the batter the yeast which has been stirred in warm water, mix and set aside to rise. Then add the sifted porridge, the rest of the buckwheat flour, the egg yolks which have been rubbed together with the sugar, salt and warm milk. Mix thoroughly and set aside to rise again. Cook on a hot griddle. Before serving pour melted butter over. Serve sour cream separately.

Thick Pancakes (Oladyi)

500 g flour
2 cupsful milk or water
2 eggs
1 $^1/_2$ tblsps sugar
3-4 tblsps butter or vegetable oil
$^1/_2$ tsp salt
25 g yeast

Dissolve the yeast in warm milk, stir in the flour and beat. Set aside in a warm place to rise. Then add the eggs, salt, sugar and 1 tblsp butter or oil. Mix the batter thoroughly and set aside. After the batter rises again, cook. Pour the batter onto the hot buttered griddle with a wet spoon. Brown on both sides and serve with sugar, honey, preserves or cottage cheese mixed with sour cream and sugar.

Pumpkin, Squash Marrow or Carrot Oladyi

1 kg flour
1 kg desired vegetables
2 eggs
1 or 2 tblsps sugar
2 tblsps vinegar
1 $^1/_2$ tsps salt
$^1/_2$ tsp soda
2 tblsps butter

Wash, cut and cook the vegetables in a small amount of water. When tender put them through the mincer or rub through a strainer. While the vegetable puree is still warm, beat in the eggs, add salt, vinegar (or sour milk) and stir in the flour which has been sifted together with the soda. Mix thoroughly and cook the oladyi on a hot griddle.

Oladyi with Apples

500 g flour
2 cupsful milk (or water)
2 eggs
2 tblsps butter
1 tblsp sugar
$^1/_2$ tsp salt
25 g yeast
3 or 4 apples

Dissolve the yeast in warm water or milk. Add the butter, eggs, sugar and salt. Mix

thoroughly and gradually stir in the flour. Cover with a cloth and set aside in a warm place to rise. Pare, core and shred the apples. When the batter rises, stir in the apples. Cook the oladyi on a hot griddle. Use a wet spoon to ladle the batter onto the griddle.

Marrow Oladyi

Make a puree of 1 kg marrow. Add 3 tblsps butter, mix and cool. Add three beaten eggs, salt, 1/4 cupful sugar and mix thoroughly. Gradually stir in 2 cupsful of flour and 2 g soda. Beat until the batter begins to bubble. Cook on a hot well-greased griddle.

Thin Batter Pancakes (Blinchiki)

250 g flour
2 1/2 cupsful milk
3 eggs
2 tblsps butter
2 tblsps boiled butter (to oil griddle)
1/4 tsp salt

Beat the egg yolks, add 1/2 cupful milk, salt and sugar. Gradually stir in flour and combine thoroughly. Heat and add the butter. Beat the batter until smooth. Gradually add the rest of the milk and beaten egg whites. Cook thin blinchiki on a well-oiled griddle. When done fold into quarter size and remove from the griddle to a hot plate; cover with a napkin. Pass honey or sugar.

Blinchiki with Cottage Cheese, Apple or Other Filling

250 g flour
2 1/2 cupsful milk
3 eggs
1/4 tsp salt
1 tblsp boiled butter or margarine (to oil griddle)
1/2 tblsp sugar

Beat the eggs, add salt, sugar and 1/2 cupful of milk. Stir in the flour and beat the batter until smooth. Then add the rest of the milk. Heat a medium-sized griddle and oil it with butter or a piece of pork. Ladle the batter with a spoon and turn the griddle so that the batter spreads evenly. Brown on one side only; sprinkle with dry bread crumbs and stack on a plate or board. When all the pancakes have been cooked, spread them out browned side up and put a tablespoonful of filling on each. Fold the thin pancakes like an envelope and brown them in a buttered frying pan. If served with cottage cheese or apple filling, the blinchiki may be dusted with powdered sugar.

Blinchiki with a meat filling may be served with sour cream or tomato sauce.

Kurnik (Pancake Pie)

Flaky Paste for Flat Cakes

225 g flour
150 g margarine
2 raw eggs
Citric acid
Salt to taste

Batter for Pancakes

40 g flour
20 g sugar
1 raw egg
1/2 cupful milk
Salt to taste
2 tblsps melted butter

Filling (Chicken, Rice, Mushrooms, Eggs)

50 g butter
3 raw eggs
500 g boiled chicken (boned)
30 g chicken crests
150 g rice
150 g fresh mushrooms or 50 g dried mushrooms
Chopped parsley or dill
Salt
Pepper to taste

Prepare the flaky paste, roll, and make two round pancakes 0.5 cm thick, one with a smaller diameter (it will be the bottom of the kurnik) and the other, with a larger diameter (the cover of the kurnik). Prepare the batter for thin pancakes and cook blinchiki.[24]

Make four kinds of filling for the kurnik.

First: mince the boiled chicken and season with butter;

Second: boil the rice and add the hard-cooked eggs which have been chopped fine;

Third: cook fresh or dry mushrooms. (The dry mushrooms should be rinsed in warm water, then soaked in cold water for 1-2 hours, then cooked.) Shred them and stir-fry in butter. Boil the chicken crests, cut them fine and mix with the mushrooms;

Fourth: finely chop the hard-cooked eggs, season with butter and mix with chopped parsley or dill.

Put a thin pancake, browned side in, on the pancake (the bottom of the kurnik), spread a layer of the chicken filling, cover with another thin pancake. Alternate the layers of one of the four fillings (first chicken, second rice, then mushrooms and eggs the last) with thin pancakes till the pan is full.

Top the pie with a heap of filling and cover with the pancake of a larger diameter, join the edges of the lower and the upper pancakes, brush with egg-and-milk mixture and pinch. Bake in the very hot oven.

This pie may be served as a meat or chicken boullion accompaniment or as a separate course.

Fancy Breads

Buns (Shanezhki)

1 kg flour
1 1/2 cupsful milk
300 g butter or margarine
5 egg yolks
1 1/2 cupsful sugar
1/2 tsp salt
40 g yeast

Glaze

1 tblsp sour cream
1 tblsp flour
1 tblsp oil
1 to 1 1/2 tblsps sugar

Dissolve the yeast in warm milk, add half the flour and set aside till the sponge rises. When the bulk is doubled, mix in salt, egg yolks and sugar beaten together until light. Add the remainder of the flour and knead. Add the melted butter or margarine, knead until the dough leaves the walls of the pan clean and forms a ball. Dust with flour, cover with a cloth and set aside in a warm place to rise. When the dough has doubled in bulk, turn it on a special board, divide and shape into little buns. Put the buns on a buttered baking pan and set aside in a warm place to rise. Brush the buns with the glaze made by

mixing sour cream, oil and flour, sprinkle with sugar. Bake for 10 to 12 minutes.

Knotted Tea Biscuits (Krendelki)

1 kg flour
1 1/2 cupsful milk
5 eggs
1 cupful sugar
Rind of 1/2 lemon
100 to 125 g butter or margarine
1/2 tsp salt
30 g yeast

Prepare the dough as directed above in the recipe for shanezhki. Add the grated lemon rind together with the eggs and sugar. After the dough rises, transfer it to the dough board, sprinkle with flour, cut and tie into a knot. Brush with butter and sprinkle with sugar. Bake for 10 to 12 minutes.

Knotted Almond Biscuit (Krendel)

1 kg flour
1 1/2 cupsful milk
12 egg yolks
1 1/2 cupsful sugar
300 g butter or margarine
200 g raisins
100 g almonds
40 to 50 g yeast
1/2 vanilla powder
1 or 2 tblsps powdered sugar
3/4 tsp salt

Prepare a sponge by combining the yeast, milk and half the flour. Separately rub together the egg yolks, sugar and vanilla until light and then stir in the creamed butter. When the sponge is ready, add to it the prepared mixture, the salt and the rest of the flour. Knead until the dough forms a ball and leaves the sides of the bowl clean. Add washed and dried raisins, knead again, cover and set aside in a warm place to rise. This dough should be rather heavy. After it rises, turn onto a floured board, knead and roll out rope-like (thinner at the ends). Tie it nicely into a knot or bow, transfer to a baking sheet and set in a warm place for several minutes. Brush with egg yolk, sprinkle with chopped almonds and bake for 40 to 50 minutes. When done, remove the krendel from the baking sheet and lay it on several layers of paper. Before serving sprinkle with powdered sugar.

Spring Cake (Kulich)

1 kg flour
1 1/2 cupsful milk
6 eggs
300 g butter or margarine
1 1/2-2 cupsful sugar
40-50 g yeast
150 g raisins
50 g candied fruit
50 g almonds
1/2 vanilla powder or 5-6 ground cardamom seeds
3/4 tsp salt

I

Dissolve the yeast in 1 1/2 cupsful of warm milk, stir in half the flour and mix until the dough is smooth. Cover with a cloth and set aside in a warm place to rise until spongy. When the dough is double its original bulk, add the salt, egg yolks (reserving one to brush the top) beaten together with sugar and vanilla and butter. Mix thoroughly with a whip, add the egg whites beaten stiff and the rest of the flour. The dough should not be too thick. Mix until the dough forms a ball

and leaves the sides of the bowl and the whip clean. Cover with a cloth and set aside in a warm place. When the dough has doubled its bulk, add the raisins (washed and dried), the candied fruit (diced) and the chopped almonds (without skins). Mix thoroughly. Butter round pieces of paper on both sides and place them on the bottom of each mould; butter the sides of the mould and sprinkle with flour or bread crumbs. Put in just enough dough to fill only $^1/_3$ the height of the mould. Cover with a cloth and set aside to rise. When the dough rises and fills $^3/_4$ of the mould, brush the top with beaten egg and bake in a moderate oven for 50 to 60 minutes. Turn the kulich carefully so that it bakes evenly. Take care not to jar it.

Should the kulich brown too rapidly, cover it with a sheet of wet paper. Test it with a wooden toothpick; if it comes away clean, the kulich is sufficiently baked.

Cook the kulich and decorate with glaze (see above) and candied fruit, berries from preserves or chocolate figures, etc.

II

Dissolve the yeast in $1^1/_2$ cupsful of milk, stir in 4 cupsful of flour and knead. Then add salt, sugar, egg yolks beaten light, boiled butter or margarine and egg whites beaten stiff. Knead until smooth, sprinkle with flour, cover with a cloth and set aside to rise over night in a place protected from draft. The following morning add the remaining flour and vanilla mixed with sugar. Knead as directed above. Cover the dough with a cloth and set aside in a warm place to rise. When the dough has risen, mix in raisins, almonds and remaining ingredients. Turn into moulds and continue as directed in I.

Spring Cake with Almonds (Almond Kulich)

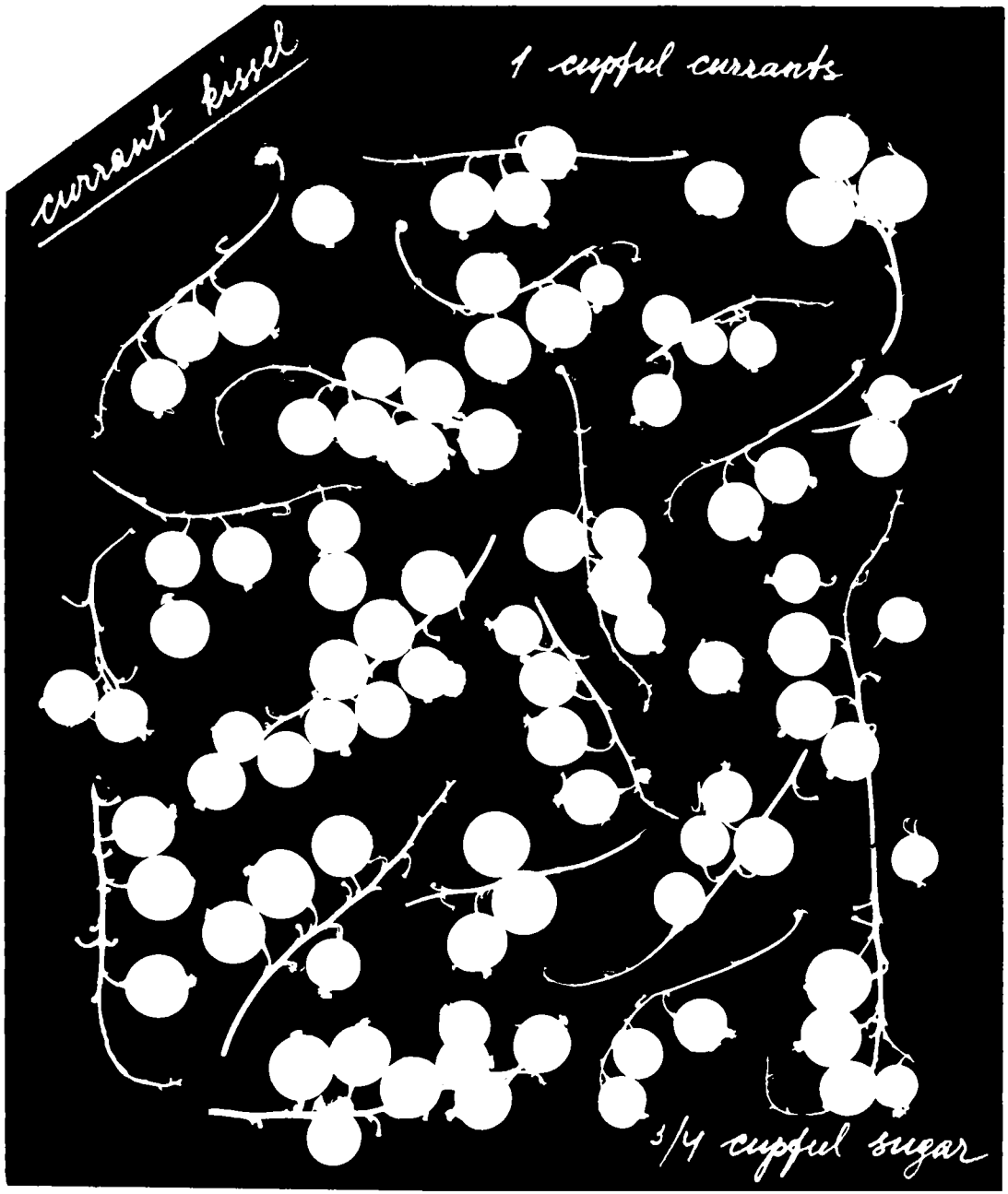
1 kg flour
$1^1/_2$ cupsful milk
6 eggs
300 g butter or margarine
$^3/_4$ tsp salt
300 g blanched almonds
40 to 50 g yeast
$^1/_2$ vanilla powder
$1^1/_2$ to 2 cupsful sugar

Prepare the dough as directed in the above recipe for kulich; knead and add 250 g shredded almonds. Before baking sprinkle the remaining almonds on top.

Spiced Drop Cookies (Pryanichki)

1 cupful flour
3 eggs
1 cupful sugar
5 cardamom seeds
$^1/_4$ vanilla powder
Grated lemon rind

Beat egg yolks and sugar together until light. Add the ground cardamom seeds, vanilla or a little grated lemon rind. Stir in flour and mix until smooth. Drop the batter onto a buttered cookie sheet with a teaspoon, spacing the cookies about 4 cm apart to allow for spreading. Bake in a hot oven for 7 to 10 minutes.


currant kissel
1 cupful currants
3/4 cupful sugar

Kissel

The name "kissel" goes back to the time when this essentially Russian dessert was made with soured cereal water known as "kvesel". Potato flour began to be used as the jellying agent in the 19th century. Kissel may be made of any fresh, fresh-frozen or dried fruits or berries, rhubarb or milk. Two tablespoonsful of potato flour will make 4 cupsful of kissel of medium thickness. Dissolve the potato flour in 1 cupful of cold boiled water and immediately stir into the hot syrup. Do not boil the kissel more than 1 2 minutes or it will become thin.
Kissel is usually served cold but kissel of medium thickness may be served hot. Thick kissel, like cornstarch pudding is poured into large moulds, that have been rinsed with cold water and then chilled. Sprinkle with sugar so that a skin does not form. Serve kissel with sugar, cold milk or cream.

Cranberry or Currant Kissel

1 cupful cranberries or currants	2 tblsps potato flour $^3/_4$ cupful sugar

Pick over the berries, wash in hot water and crush with a wooden spoon or masher. Mix with $^1/_2$ cupful of cold boiled water and rub the pulp through a strainer. Boil the berry skins in 2 cupsful of water for 5 minutes and then strain. Add the sugar to the water, bring to a boil and stir in the dissolved potato flour. Stirring continuously, bring to a boil again, add the berry juice and mix.

Strawberry and Wild Strawberry Kissel

1 cupful strawberries or wild strawberries	2 tblsps potato flour $^3/_4$ cupful sugar

Wash and pick over the berries. Rub them through a sieve. In a saucepan dissolve the sugar in $2^1/_2$ cupsful of hot water. Bring this syrup to a boil, stir in the potato flour which has been dissolved in water and bring to a boil again. Add the berry puree and blend.

Raspberry or Bilberry Kissel

Substitute raspberries or bilberries in the above recipe.

Sour Cherry Kissel

1 cupful sour cherries	2 tblsps potato flour
$^3/_4$ cupful sugar	

Wash the cherries in cold water, stone them, dredge with sugar and set aside for half an hour. Stir them several times. Pour off the juice. Crush the cherry stones, add $2^1/_2$ cupsful of hot water and boil for several minutes. Strain the liquor over the cherries and bring to a boil again. Stir in the dissolved potato flour and bring to a boil again. Remove from the heat. Stir in the cherry juice and blend.

Apple Kissel

500 g apples	$1^1/_2$ tblsps potato flour
$^3/_4$ cupful sugar	

Pare and slice the apples thinly and cook in 2 cupsful of water until soft. Press through a sieve and mix with the liquor. Add the

sugar, bring to a boil and stir in the potato flour which has been dissolved in water.

Dried Bilberry or Sweetbrier Berry Kissel

50 g dried bilberries or sweetbrier berries
¾ cupful sugar
2 tblsps potato flour

Wash the dried berries in hot water and drain. Cover with 2 cupsful of cold water, bring to a boil and cook for 15 to 20 minutes. When the berries are soft, strain the liquid into another saucepan. Crush the berries with a wooden spoon or masher and add 1 cupful of water. Bring to a boil, drain and squeeze the liquid out of the berries. Add the sugar, bring to a boil again and stir in the potato flour which has been dissolved in water.

Milk Kissel

4 cupsful milk
½ cupful sugar
2 tblsps cornstarch or potato flour

Bring three cupsful of milk to a boil and add the sugar. Dissolve the cornstarch in 1 cupful of cold milk (or boiled water), and stirring continuously add it to the boiling milk. Boil the kissel for 5 minutes over low heat. If desired, flavour with vanilla or almond extract or with a little grated lemon or orange rind. Pour the hot kissel into cups and chill.

Apples with Ashberries

8 tart apples
100 g ashberries
50 g sugar

Fruit-and-Berries Sweet Sauce

125 g tart apples
125 g ashberries
250 g sugar

Remove the hearts from the apples and fill them with the ripe berries, sprinkle with sugar and put on the dripping pan, place in the oven and bake. Make the sweet sauce as follows: pare and slice the apples, add the berries, sugar and cook until done, then press through a sieve. Cool the apples and the sauce. Serve the apples with the sweet sauce poured over.

Apples in Syrup with Berry Cream

500 g apples
150 g berry cream
200 g syrup
100 g cream (35%)
300 g powdered sugar
30 g chocolate

Syrup

60 g sugar
150 g water
Citric acid
30 g cranberry

Pare and core the apples. Make the syrup with the directed ingredients. Pour the syrup over the apples and cook until done. Remove the apples from the syrup, cool, fill in with the berry cream which has been prepared as directed above. Refrigerate the apples. Before serving cut them into halves, pour over the syrup and sprinkle with the grated chocolate.

Cold Kashka from Gooseberry with Almond

[illegible] g gooseberries
[illegible] g sweet almond
[illegible] tblsps flour
[illegible] oranges or orange juice
200 g sugar
50 g almond milk
Jam

Put the ripe gooseberries into a saucepan, cover with a lid and cook until tender over low heat. Rub through a thick sieve, add crushed almond, flour, orange juice, sugar, almond milk. Mix thoroughly and steam. When cooked, pour in small moulds and cool. Serve with jam.

Quince Stuffed with Walnuts

[illegible] quince
[illegible] g walnuts
1 tblsp melted butter
1 tblsp sugar

Yield: one serving

Pare and wash the quince. Cook in boiling water until tender, cool. Scoop out the hearts with a teaspoon to get a cup. Dry the nutmeat in an oven. Lay the nutmeat on the pan, add sugar and warm. Put the quince into a warm melted butter, fry in butter browning on both sides. Fill the quince with the prepared nuts.

Quince Stuffed with Rice

[illegible] quince
[illegible] g rice
[illegible] tsp butter
1 tblsp sugar
Raisins

Yield: one serving

Pare and wash the quince. Cook in boiling water until tender, cool. Scoop out the hearts with a teaspoon to get a cup.
Cook the rice in boiling salted water until tender. Stir butter into the warm rice, season with sugar and add raisins. Fill the quince with the stuffing.

Melon with Jelly

1 melon (or water-melon)
60 g plums (canned)
60 g peaches (canned)
60 g apricots (canned)
60 g grapes
100 g sugar
4 tblsps gelatin

Make the sugar syrup (measure the sugar into a saucepan, add the required amount of water and boil until the sugar dissolves). Add the previously soaked gelatin and bring to a boil stirring constantly, stir in the syrup from the can, strain. Scoop out the hearts of the melon (or water-melon), scald, fill with the canned fruits and pour the jelly over. Before serving cut into segments.

Apples in Egg Whites

1 apple
3 tblsps sugar
1 egg white

Yield: one serving

Wash the apples, scoop out the hearts, lay on the baking pan, fill in the sugar, pour over a little water and bake in an oven. Beat the egg whites, add sugar. Top the baked apples with the beaten whites and put again into a very cool oven for 10-12 minutes longer.

Cream with Fruits

1 l cream
1 l milk
2 apples
1 can of plums
1 can of cherries
400 g sugar
12 egg yolks
5 tblsps gelatin
Vanilla powder to taste
1 tblsp raspberry juice

Yield: 30 servings

Put the sugar into the raspberry juice, add the previously soaked gelatin and constantly stirring bring to a boil until the gelatin dissolves. Cool the jelly to 25-30 °C and pour in the shaped moulds where the fruits have been laid. Put the moulds into the cold water. When jellied at the walls, drain off the rest. Rub together the egg yolks and sugar, add the hot milk and cook in the water bath until the mixture thickens. Put the vanilla powder and the gelatin, which have previously been soaked, heat until the gelatin dissolves (do not boil).
Refrigerate the cream, whip it stiff, combine gradually with the egg-and-milk mixture and pour in the moulds with jelly. Cool. Put the moulds into warm water for a couple of seconds and carefully transfer their content onto the dish. Decorate with fruits.

Stuffed Turnip

1 kg turnips
50 g raisins
50 g rice
100 g butter
100 g sugar

Pare and wash the turnips. Boil one half of the turnips until done, drain and put through a thick sieve. Add raisins previously cooked in water, sugar and boiled rice. Mix thoroughly.
Cut in halves the rest of the turnips, scoop out the hearts and fill with the prepared stuffing. Put two halves together and tie with a thread. Put the turnips into the buttered saucepan. Bake in an oven. Serve with sugar passed separately.

Apples Baked with Rice

1 kg apples
100 g sugar
200 g rice
50 g butter
300 g cream or fruit syrup
Cinnamon
Dry bread crumbs

Wash and slice the apples. Add sugar, cinnamon and parboil in a saucepan until ready. Boil the rice in salt water separately. Butter a baking pan and dust with dry bread crumbs. Put a layer of rice seasoned with butter and then a layer of apples and so on. The top layer must be of rice. Sprinkle with butter and bake in an oven. Serve with fruit syrup or cream.

Pumpkin in Marinade

1200 g pumpkin
3 tblsps sugar
40 g corn oil
12 g citric acid
Cinnamon
Clove
Pepper
Salt
Bay leaf

Wash the pumpkin, peel and dice. Prepare the marinade: put the spices and sugar in the citric acid solution previously strained, bring to a boil, add the pumpkin and cook for 5 minutes. Cool the pumpkin and season with corn oil. Serve with the marinade.

BEVERAGES

tea
tea

Tea (Chay)

Tea was introduced in Russia in 1640. Russian ambassadors returning from the Mongol horde brought a gift of 200 packages, each weighing 500 grams. It was praised for its medicinal powers and ability to "refresh and purify the blood". It was also noted that it would keep one awake during "church services".

By the beginning of the 18th century tea was part and parcel of Russian life and had become very much a national drink. Around the tea table family affairs were settled, opinions aired, trade negotiations carried on and contracts concluded. Thus, asking one to sit down to tea became a traditional sign of hospitality.

The brewing of tea, its service and the very manner in which it is drunk by the Russian people has a number of time-tested aspects that would today be defined as "technical" and "physiological". Tradition demanded, in the first place, that the water be boiled in a samovar if possible. It is difficult to establish exactly when the samovar made its appearance in Russia, but it can be established with certainty that its predecessor was a unique sort of thermos employed by vendors of sbiten, a hot beverage concocted of honey and spices. This vessel resembled a barrel with a cock at one end and a chimney pipe in the middle into which coal was stoked; this "thermos" had not bottom draft. The sbiten was not boiled, it was merely kept hot in these vessels. Then the samovars for boiling water appeared in a great variety of shapes. The traditional spherical, cylindrical and tapered samovars date back to the 18th century.

The samovar creates a peculiar atmosphere of coziness at the tea table. And the tea itself is usually tastier when brewed with boiling water drawn from the samovar.

The word "chay" in Russian cooking is applied to a number of hot drinks other than tea. Chay brewed of linden blossoms, rasberries, bilberries and numerous other teas are known for their medicinal properties.

Tea Brewing and Service

Tea should be brewed in an earthenware pot. Scald the pot with boiling water before measuring the tea into it. Use 20 g of tea for every half litre of water. Pour rapidly boiling water over the tea until the pot is $^2/_3$ full. Close and cover the pot with a napkin or stand it on the samovar to draw for about 5 minutes; a tea cozy may be used instead. Serve the tea in glasses or cups with saucers. Pour in the amount of brewed tea desired and then add boiling water. The usual proportion is one part brewed tea, four parts water. Ordinarily, tea is served with lump sugar, lemon, preserves, honey, fruit cooked in honey or sugar, and various other sweets.

Tea with Berries

Make the tea as directed above. Separately pass sugar, fresh cranberries, raspberries, strawberries or any other berries in season.

Sweetbrier Vitamine Tea

The sweetbrier fruit is known to be rich in vitamine C. One or two glasses of this beverage a day is sufficient for a healthy adult and one glass for children. Sugar to taste may be added.

Crush the fruit slightly so that the vitamine is more easily extracted. Use 1 tablespoonful of crushed fruit per glass of boiling water. Boil in an enameled saucepan for no more than 8 to 10 minutes. Transfer the tea to a glass or earthenware vessel, cover and set aside in a warm place for several hours or overnight. Strain through a fine sieve and then squeeze the crushed fruit.

This tea must be made daily since vitamine C is highly volatile.

Bilberry Tea

1 tsp bilberry leaves
1 cupful boiling water

This tea is popular in the northern areas of Russia. Bilberry leaves are gathered in summer and dried. This tea may be drunk hot or cold. The leaves of the bilberry are known to contain arbutin, flavonoids, tannin and vitamines. Their infusion has diuretic, astringent and antiseptic effects.

Diaphoretic Tea

1 tsp raspberry, linden blossoms and aniseed
1 cupful boiling water

This tea is drunk as a cure for colds. Pour water over the mixture and boil for 5 minutes.

Sbiten (Hot Spiced Beverage)

This old Russian beverage was especially popular in the 18th and 19th centuries. It was peddled by street vendors, or served at inns and taverns, at tea houses and other types of catering establishments. In winter street vendors carried sbiten on their backs in huge copper kettles resembling samovars covered with a heavy cloth to keep it warm; in the shops it was poured from large samovars. The sbiten vendor was a figure so common in the streets of the 19th century Russian towns that he became one of the characters frequently portrayed in folk drawings known as the lubok, old engravings and watercolours.

The following are two recipes for sbiten.

I

150 g sugar
150 g honey
2 g bay leaves
5 g cloves
5 g cinnamon
5 g ginger
5 g cardamom
1 litre water

II

100 g honey	0.2 g mint
50 g sugar	3 g hops
0.2 g clove	1 litre water

Bring the water to a boil, dissolve the honey in it and add all the other ingredients. Boil for 10 to 15 minutes, set aside to draw and then strain. If desired, nutmeg may be added and molasses substituted for honey.

Fruit Drinks

Cranberry

Prepare the cranberry juice as directed in the recipe for cranberry kissel. Mix the sugar with an equal amount of water and boil for 5 minutes. Pour the fruit juice into this syrup and chill.

Per cupful of water use 3 tablespoonsful cranberry juice and 1 tablespoonful sugar.

Wild Strawberry

Add to $^1/_4$ cupful milk 1 tablespoonful sugar, $^1/_4$ cupful crushed berries and a pinch of salt. Whip until completely blended. Serve chilled.

Sour Cherry

Combine $^1/_4$ cupful sour cherry juice, $^1/_2$ tablespoonful lemon juice, add $^3/_4$ tablespoonful sugar and a pinch of salt. Bring to a boil over low heat and cook for 5 minutes and then chill.

Add to this syrup $^3/_4$ cupful milk and whip till blended. Serve chilled.

Meads

The preparation of this drink is as old as foraging for the honey of wild bees. "Mead" is what the ancient Greeks called the fermented drink popular among the Slavic tribes. Ancient European travellers to Russia are known to have described the cherry, currant, juniper, raspberry, bird cherry and spiced meads drunk here.

Spiced Mead

1 kg honey	10 g spices
3.5 litres water	100 g yeast

Boil the fresh honey, skim it and add pepper, ginger, cardamom, cinnamon and water. Bring to a boil and cool. Dissolve and add the yeast. Pour into large flasks and set aside in a warm place for 12 hours. Cover and age in a cool place for 2 or 3 weeks. Pour the mead into bottles and seal.

Cranberry Mead

1 kg honey	5 g spices
2.5 litres cranberry juice	100 g yeast

Add 1 litre water to the honey, bring to a boil and skim. Pour into a flask or barrel, add the cranberry juice, cinnamon, cloves and yeast and set aside to ferment for two days. Cover

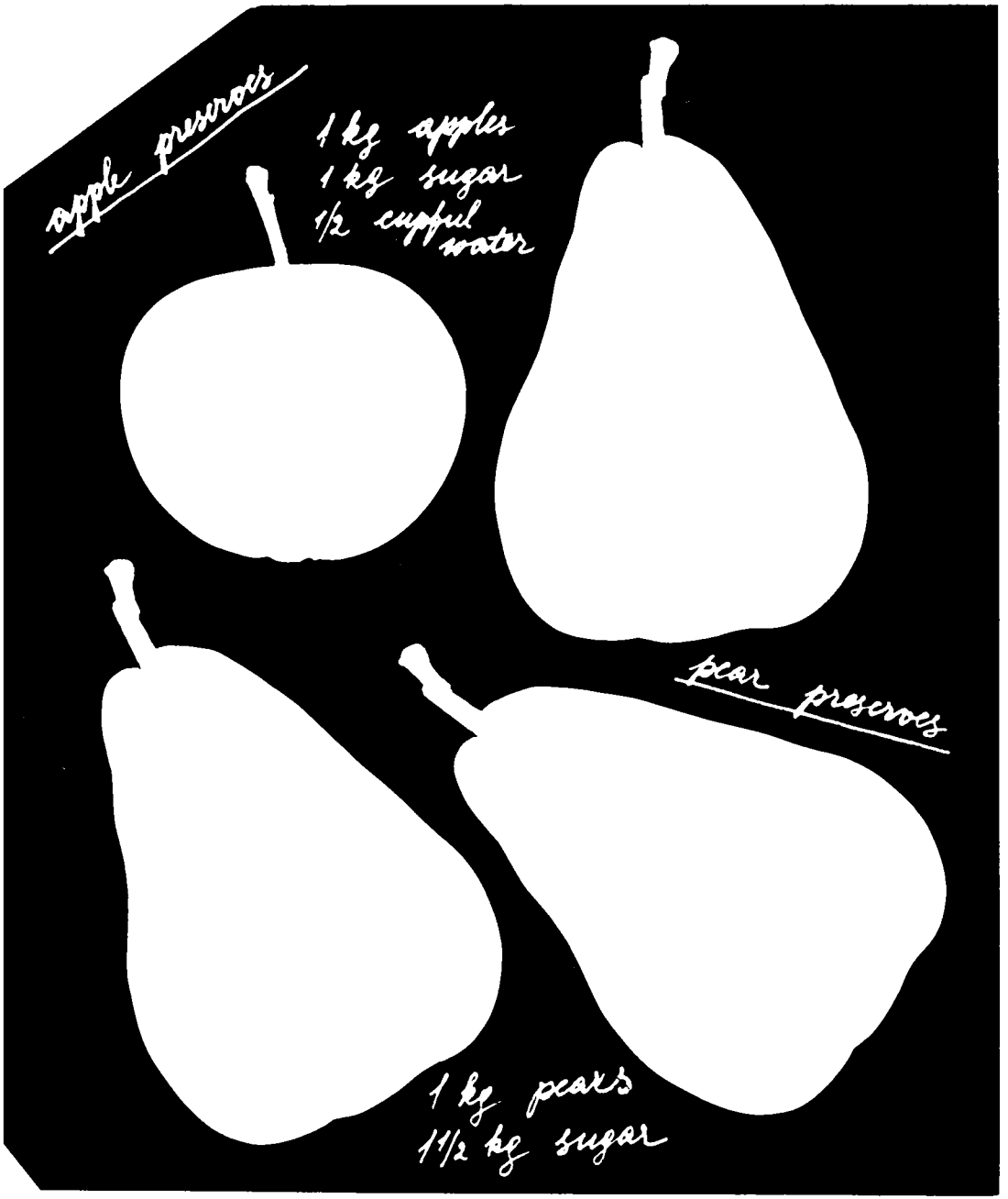
the flask or barrel and set aside in a cool place for about three weeks. After this pour into bottles and seal.

Bread Kvass

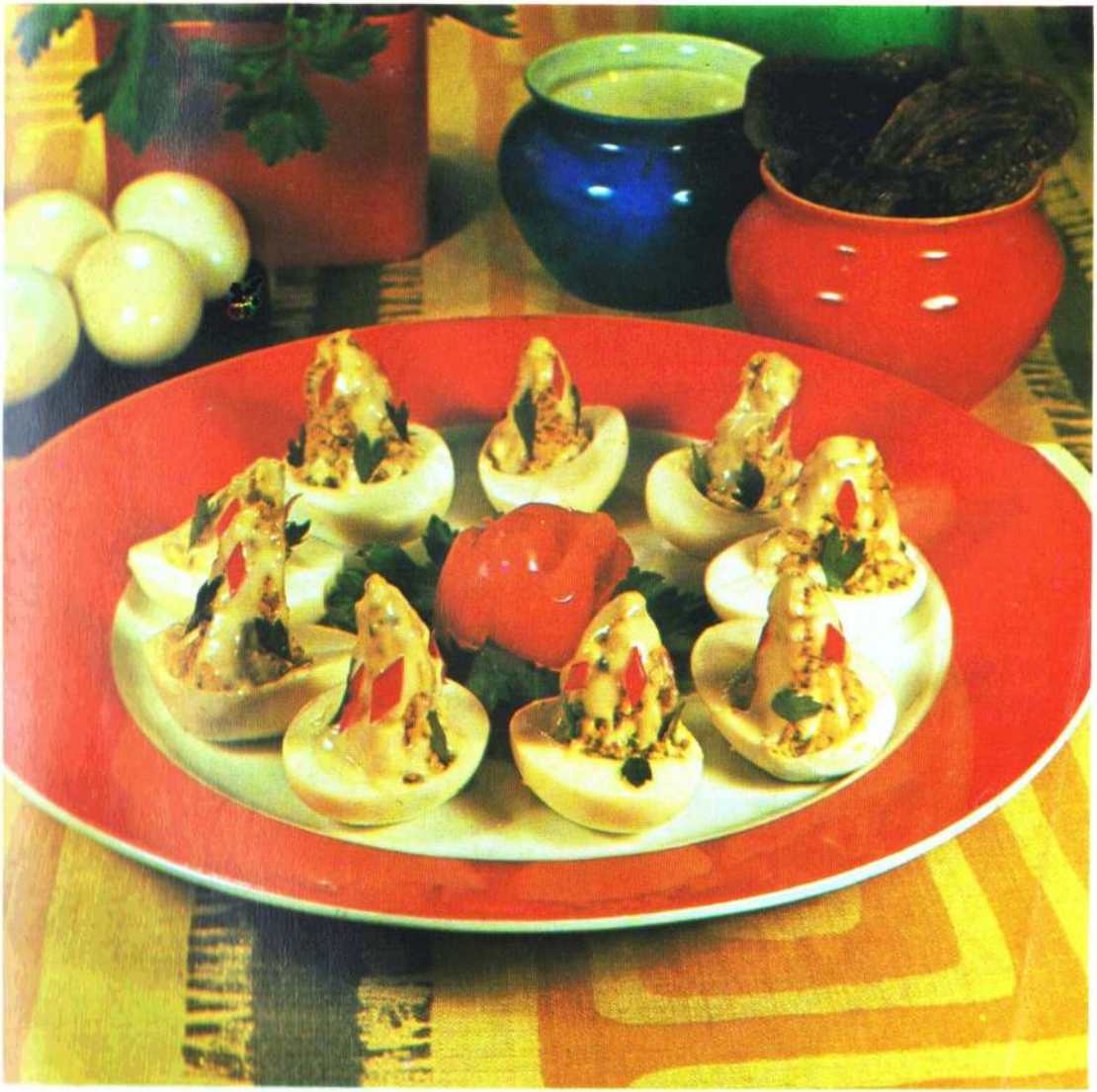
1 kg rye bread	20 g mint
25 g yeast	50 g raisins
200 g sugar	5-6 litres water

Slice the bread and toast it in the oven taking care not to burn it. Put the toasted bread in a kettle or barrel, pour over boiling water, cover and set aside for 3 or 4 hours. Strain and add the yeast, rubbed together with the sugar, and the mint. Cover the barrel with a cloth and set aside to ferment for 5 or 6 hours. When foam appears, strain the kvass again and pour into bottles into which the raisins have been put. Soak the corks in boiling hot water and then seal the bottles, making sure the corks are securely fastened. Lay the bottles flat in a cool place for two or three days.

FOOD PRESERVATION


apple preserves
1 kg apples
1 kg sugar
1/2 cupful water
pear preserves
1 kg pears
1 1/2 kg sugar

Eggs stuffed with mushroom "caviar"

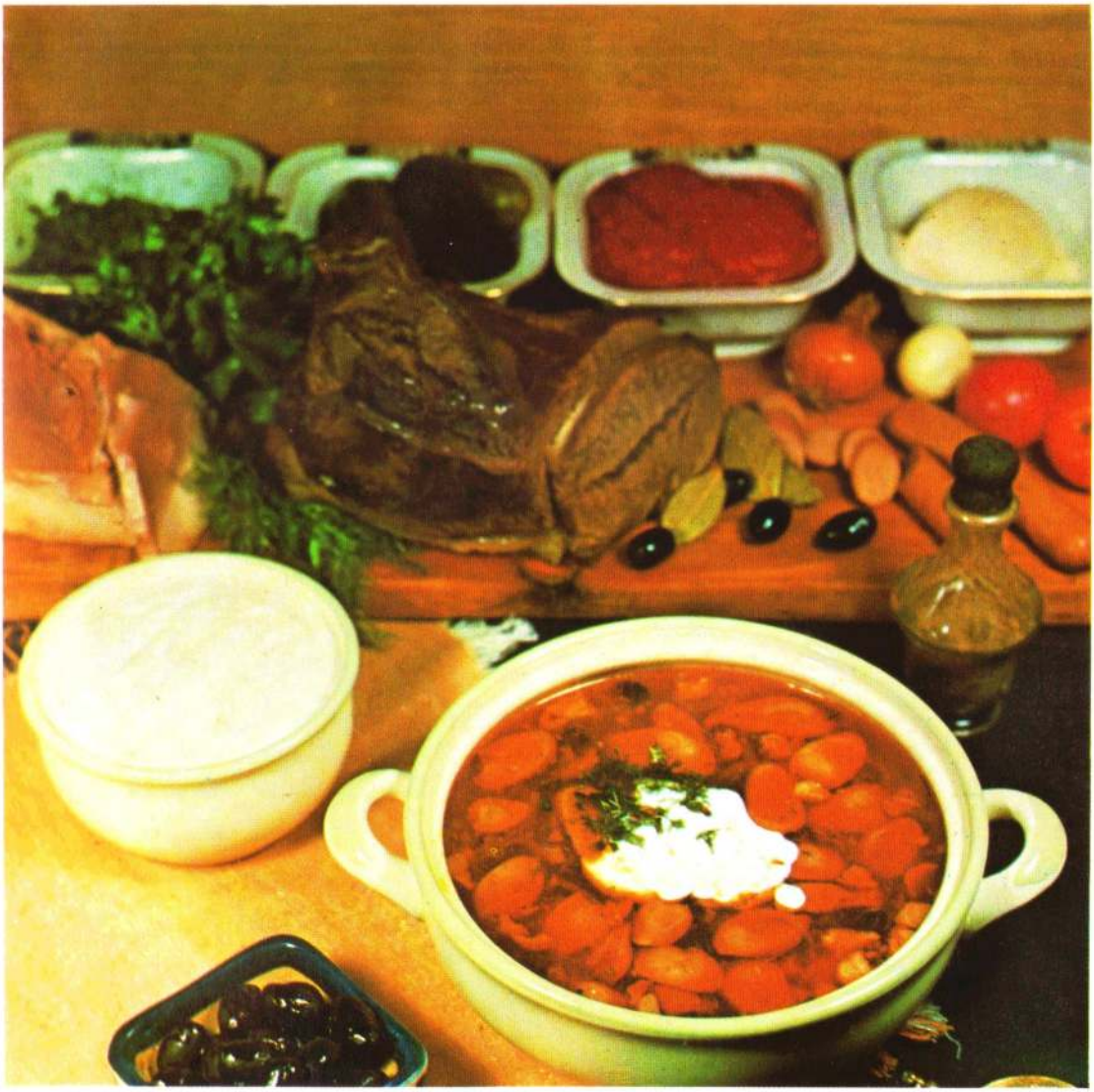


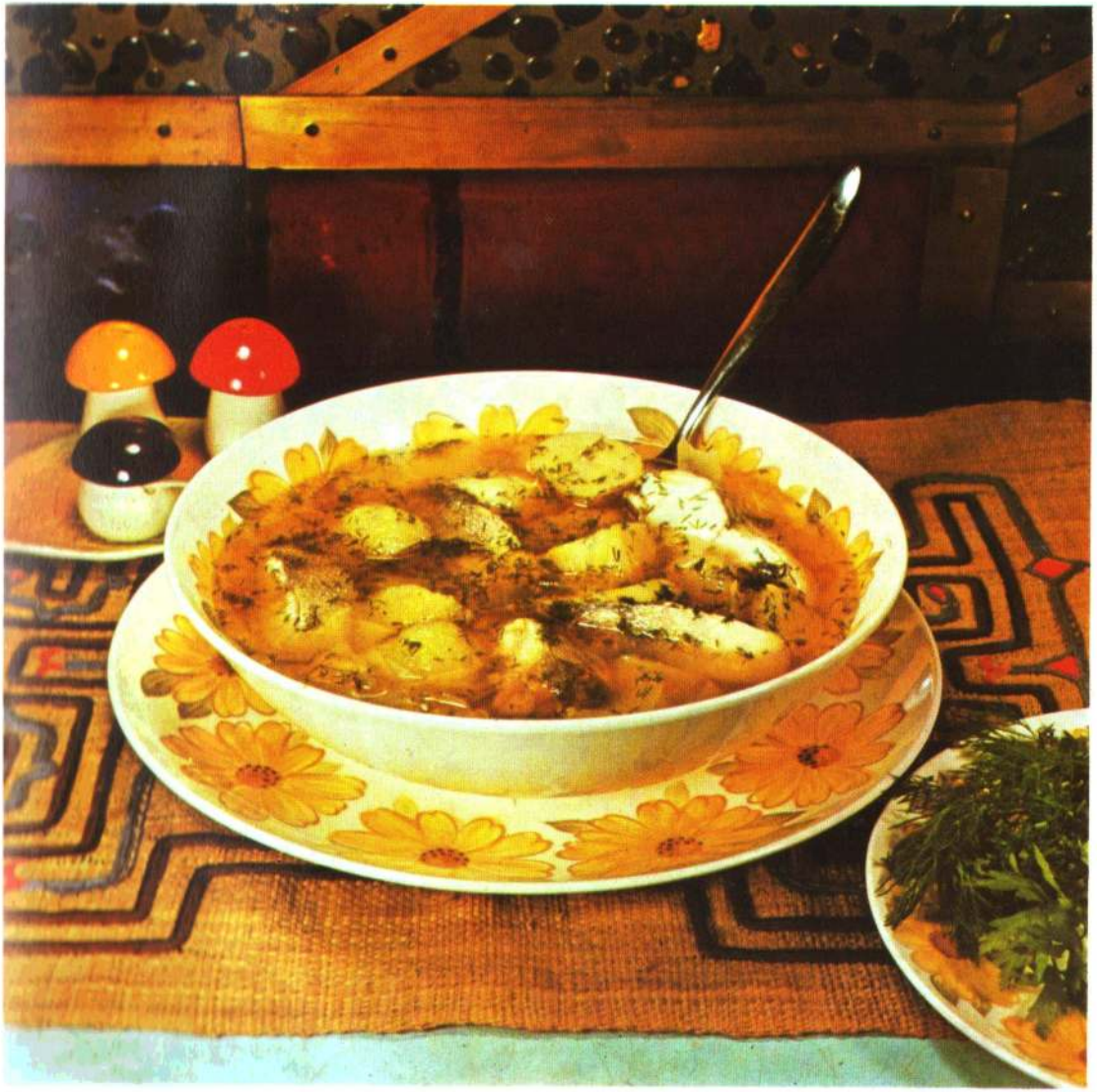
Sevruga

Stuffed green peppers

Borshch

Tart meat solyanka



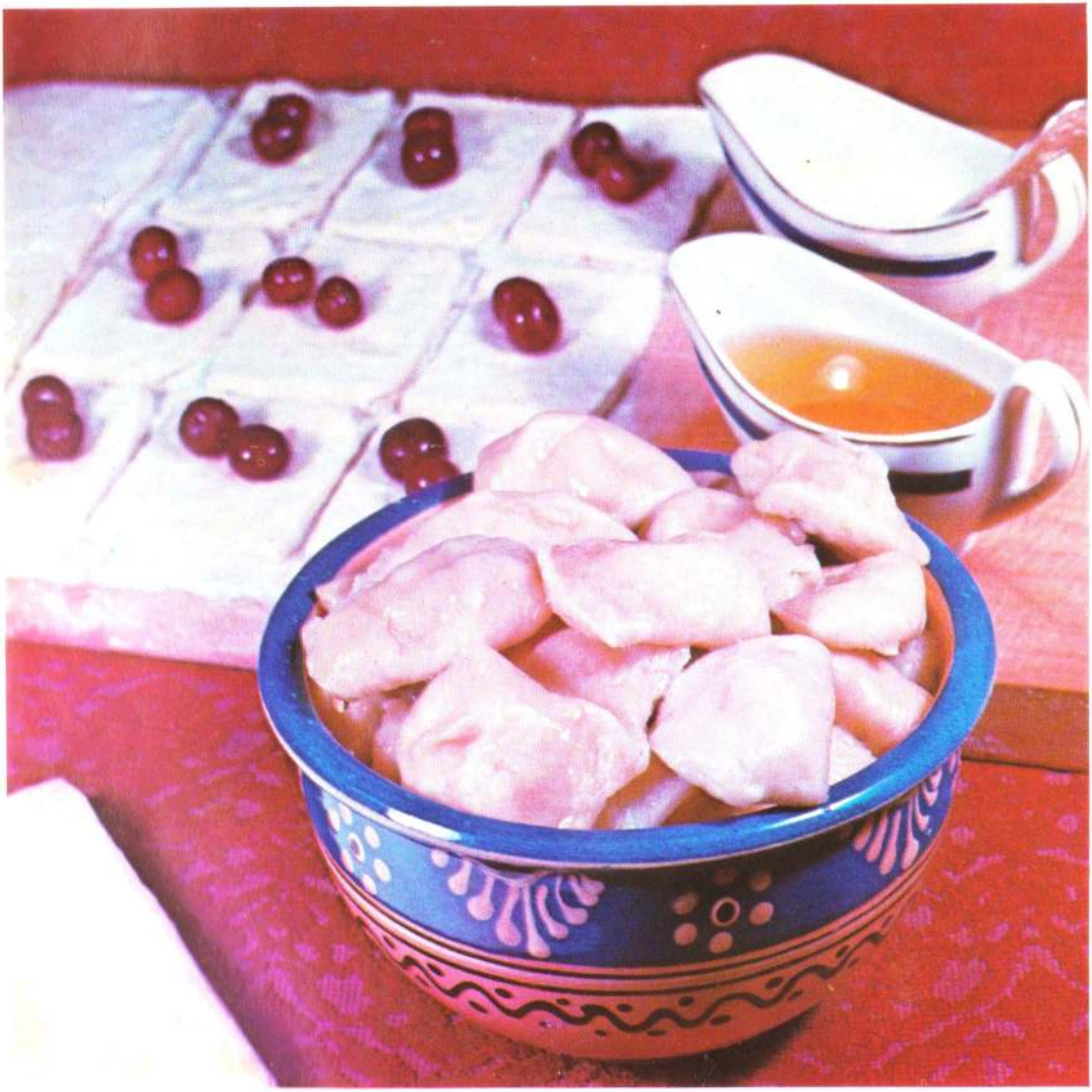


Russian pokhlebka

Uzbek shashlyk

Potatoes stuffed with meat

Vareniki with sour cherries



Genuine
Russian vodka
STOLICHNAYA
Stolichnaya
vodka
RUSSIAN VOD

Kvass

Raspberry Preserves

1 kg raspberries
1 kg sugar

Carefully pick over and hull the berries. Spread them on a platter and cover with half the sugar. Set aside in a cool place for 5 or 6 hours. Drain the juice into the remaining sugar and make the syrup; cool and then add the berries. Shake the pan carefully so that the berries sink into the syrup. Return to the heat and cook as directed until the syrup is of the required thickness.

Sour Cherry Preserves

1 kg sour cherries
1 1/2 kg sugar
3/4 cupful water

Pick over and wash the cherries in cold water. Remove the pits. Put the sugar into the pan, add water, paddle and bring to boiling point. Add the cherries to the syrup and cook as directed.

Black Currant Preserves

1 kg black currants
1 1/2 kg sugar
1 cupful water

Stem, remove the bloom ends, wash and drain the currants. Make a thick syrup and add the currants. Bring to a boil and cook over low heat as directed for 40 to 50 minutes.

Gooseberry Preserves

I

1 kg gooseberries
1 1/2 kg sugar
3/4 cupful sugar
Vodka

Remove the seeds from unripe green gooseberries. Sprinkle with vodka and shake the pan to evenly dampen the berries. Refrigerate for 5 or 6 hours. Prepare the syrup. Drain the gooseberries and add them to the syrup. Cook as directed.

II

1 kg gooseberries
1.3 kg sugar
150 g liquor
200 g sour cherry leaves

Remove the seeds from the unripe gooseberries. Put the berries into a wide shallow preserves pan, cover with cherry leaves, pour over boiling water and set aside for 24 hours. Then drain off the liquor and make a syrup with it. Add the berries to the syrup, cook as directed above until the syrup is of the required thickness.

Apricot Preserves

1 kg apricots
1 1/2 kg sugar
2 cupsful water

Wash the apricots and pierce them in several places with a toothpick. Prepare the syrup, pour it over the apricots, and set aside for 24 hours. The next day drain off the syrup, bring to a boil, again pour over the apricots and set aside for 24 hours. On the third day cook the apricots in the syrup as directed.

Quince Preserves

1 kg quinces
1 1/2 kg sugar

Pare and slice the quinces. Add cold water to cover and cook until tender. Remove the quinces with a skimmer and strain the water. Put the sugar into the preserves pan, add 1 1/2 cupsful fruit water and make a syrup. Put the quinces into the boiling syrup and bring to a boil twice. Simmer until the fruit is transparent. The peculiar quince flavour will be stronger if the parings are boiled in the water to be used to cook the fruit.

Rose Petal Preserves

1/2 kg rose petals
1 1/2 kg sugar
Juice of 1/2 lemon
1 cupful water

Cut away the white part of red or pink rose petals and then shred them. Mix with 1/2 kg sugar and set aside for two days. Add the lemon juice and water to the remaining sugar and make a syrup. Drop the sugared rose petals into the hot syrup and cook over low heat as directed.

Apple Preserves

1 kg apples
1 kg sugar
1/2 cupful water

Pare and slice a sweet variety of apples. Make a syrup, add the apples and cook until translucent. If some pieces of apple become translucent before others, carefully remove them with a spoon; return them to the pan when the rest are done. To improve the flavour of some apples a little vanilla, orange or lemon rind may be added. When making preserves with sweet apples add one cupful of cranberries per kilogram of apples.

Melon Preserves

1 kg peeled melon
1 1/2 to 2 kg sugar
2 cupsful water

Select half-ripe melons. Peel, remove the seeds and dice. Sprinkle with sugar and set aside in a cool place for 2 hours. Prepare a syrup with the remaining sugar and pour over the diced melon. Set aside for 24 hours. Drain off the syrup, bring to a boil and pour over the melon. On the third day cook the melon in the syrup until translucent.

Pear Preserves

1 kg pears
1 1/2 kg sugar

Pare and slice firm ripe pears. Add just enough water to cover and boil until tender. Put the sugar in the preserves pan, add two cupsful of pear water, stir and bring to a boil. Put the pears in the hot syrup and cook as directed.

Cranberry Preserves

1 kg cranberries
1 kg antonovka or any other tart apples
1 cupful shelled walnuts
3 kg honey or 2 1/2 kg sugar

Pick over and wash the cranberries. Add $^1/_2$ cupful of water, cover and cook until the berries are soft. Mash and press them through a fine sieve. Put the honey in the preserves pan and bring to a boil. Add the strained cranberries, pared and sliced apples and the shelled walnuts. Simmer for about an hour. Sugar may be substituted for the honey; add one cupful of water to the sugar to make a syrup. Cook as directed.

Green Walnut Preserves

100 walnuts
2 kg sugar
10 cloves
Juice of 1 lemon

Remove the outer green walnut shells and soak in cold water for 2 days. Change the water three or four times a day. On the third day drain and soak in lime water (see below) for 24 hours; paddle frequently. Drain and wash in cold water. Pierce each nut with a prong in several places. Soak in cold water for 48 hours. On the sixth day remove the nuts from the cold water and drop them into boiling water. Cook for ten minutes and then drain in a strainer.

Dissolve the sugar in two cupsful of water, bring to a boil and skim. Put the nuts into the syrup; add the cloves and lemon juice, bring to a boil, remove from the heat and cool. Bring to a boil again and cool (repeat this procedure three times). After this the preserves may be considered cooked.

Lime Water

Dissolve 500 g slacked lime in 5 litres cold water. Set aside for 3 or 4 hours to settle, then strain the water into another vessel.

Ashberry Preserves

1 kg ashberries
1 cupful water
$1^1/_2$ kg sugar

Pick the ashberries after the first frost. Stem, wash and soak them in cold water for 24 hours. Drain thoroughly in a strainer, wash. Make the syrup with the water and while hot pour over the drained berries. Refrigerate for 24 hours, remove the berries from the syrup with a skimmer. Boil the syrup for 20 minutes, return the berries to the boiling syrup and simmer for 20 to 25 minutes or until the syrup becomes thick and the berries have a lustre. Do not overcook or the berries will be dry and tasteless.

Cloudberry Preserves

Wash 1 kg cloudberries, drain in a strainer and then wash again in a stream of water and drain. Make a syrup of 1 kg sugar and 1 cupful water; stir continuously. When the syrup begins to boil, add the berries. Cook for 30 minutes. Strain and rub the berries through a fine sieve and cook for 10 minutes longer.

Apple Jam

Any apples unsuitable for preserves may be used for jam (povidlo). Cook the apples and rub them through a sieve. To each cup of puree add $^3/_4$ cupful of sugar and cook over low heat stirring regularly. When the puree becomes thick, remove it from the heat, transfer to glass jars and seal. Store in a cool dry place.

Apple and Plum Jam

1 kg apples
1 kg plums
1 kg sugar
1 cupful water

Put the pared and sliced apples and pitted plums in a preserves pan. Pour in the water, cover with a lid and cook until tender. While hot, rub the fruit through a sieve. Add sugar to the puree and mix thoroughly. Cook over low heat until thick (about $1^1/_2$ hours).

Red Bilberry Preserves

1 kg red bilberries
500 g sugar or honey
3 cloves
Stick cinnamon, lemon rind

Pick over the berries and pour over boiling water; paddle and immediately drain thoroughly in a strainer. Put the bilberries in a preserves pan, add the sugar (or honey), $^1/_2$ cupful of water, a piece of stick cinnamon, cloves and a little grated lemon rind. Cook as directed. When cool, transfer to glass jars and cover with parchment or oiled paper. Store in a cool dry place.

Bilberries in Syrup

1 kg bilberries
300 g sugar

Pick over the ripe berries, wash them in cold water and put them into a clean glass or porcelain jar. Dissolve the sugar in 2 cupsful of water, add a little lemon rind and bring to a boil. Strain and cool. Pour the cold syrup over the bilberries. Cover the jar with parchment or oiled paper and tie. Store the bilberries in a cool place. Serve with roast meat or fowl.

Pickles

Various fruits, vegetables, berries and mushrooms are preserved by pickling. In many respects the quality of the pickles depends on the kind of vinegar used. Grape vinegar or flavoured table vinegar makes especially good pickles. Strong vinegar (6%) should be diluted (1 : 1) with water; add salt, sugar, such spices as pepper, cinnamon, cloves, nutmeg and bay leaf; bring the mixture to a boil and then cool. Pack the fruit, vegetables or berries in glass jars and pour over the vinegar and spices. Pour oil on top to prevent mould from foaming. Tie parchment or oil paper over the jar. Store pickles in a cool dry place.

Cucumber Pickles

1 kg cucumbers
2 cupsful vinegar
1 tblsp salt
Tarragon
Garlic
1 red pepper

Select small firm cucumbers; wash and scald them. Pack the cucumbers in a glass jar putting tarragon between each row. Add 2 or 3 cloves of garlic and 1 red pepper. Pour over the cold pickling mixture. Cover the jars with paper and tie. When the cucumbers become saturated, add vinegar. Store in a cool place.

Pickled Cabbage

1 kg cabbage
1 cupful vinegar
3 cupsful water
1 cupful sugar
10 peppercorns
3 bay leaves
1 tblsp salt

Add the vinegar, sugar, peppercorns and bay leaves to the water, boil and cool. Shred the cabbage, mix with salt and rub slightly. Squeeze and drain the juice. Pack the cabbage in jars and pour over cold pickling mixture. Cover with parchment paper and store in a cool place. Within 5 or 6 days the cabbage will be pickled.

Pickled Tomatoes

Select small tomatoes (preferably plum variety). Wash and pack in jars. Cover with pickling mixture. To each cupful of vinegar, add 1 cupful of water, $^1/_4$ cupful of sugar, $^1/_2$ tsp salt, cinnamon, cloves and peppercorns; boil together, cool and pour over the tomatoes. Should the brine become misty within two or three days, drain it off, boil, cool and pour over the tomatoes again.

Pickled Beets

Wash and cook whole beets. Set them aside to cool in water. Clean, dice or slice, pack in jars and cover with vinegar mixture. To each cupful of vinegar add 1 cupful of water, 1 tblsp sugar, $^1/_2$ tsp salt, a little pepper, cloves and a bay leaf; mix together, boil and cool before using.

Pickled Melon

Select half-ripe melons. Wash, cut them in halves, remove the seeds, peel and dice the flesh. Pack into jars and pour over cold pickling mixture. Cover the jar with parchment paper and tie. Stand the jars on a rack in a water bath with water enough to reach the level of the melon in the jars. Boil for one hour. Cool in the water bath. Store in a cold place.

Pickling Mixture

To each cupful of vinegar add 1 cupful of water, $^3/_4$ cupful of sugar, 2 tblsps honey, 2-3 cloves, a piece of stick cinnamon, 2-3 allspices and $^1/_2$ tsp salt. Bring to a boil in an enamel saucepan, cool and strain.

Brining

Fresh-Salted Cucumbers

Choose small cucumbers. Wash and pack into a jar along with dill and garlic. Cover with cold brine made of 2-3 tblsps salt per litre of water. The pickles will be ready to serve within 2 days.

Quick Fresh-Salted Cucumbers

Cut off the ends of the cucumbers before packing into the jar. Add dill and garlic. Pour over hot brine. The pickles will be ready to serve within a few hours.

Pickled Cucumbers

One pail water
600 g salt
1 garlic
300 g horseradish root
50 g dill
1/2 red pepper
5 g tarragon

Choose small young cucumbers preferably picked the same day. Cover the bottom of the barrel with oak, black currant or cherry leaves, dill, horseradish, tarragon, garlic and 1/2 red pepper. Pack the cucumbers into the barrel tightly, stand them on end. Spread the various leaves and spices between rows. Close the upper end of the barrel and pour the brine into the barrel through the hole in the lid. Stop up the hole with a wooden peg. Cucumbers may be pickled in a wooden tub. After packing, cover the tub with a wooden lid and weight it down just enough to keep the cucumbers from floating. The brine level must be 3 or 4 cm above the cucumbers. Cover the tub with a cloth and store in a cool place.

Pickled Cucumbers with Vinegar Brine

10 litres water
500 g salt
1 cupful grape vinegar
3/4 cupful vodka

Prepare the cucumbers as directed in the recipe above. Pack the cucumbers and savoury herbs in a barrel or jar and cover with hot brine to which the vodka and grape vinegar have been added. On the following day add more cold brine and seal the barrel or jar. Store in a cold place. These pickles will keep for a long time.

Pickled Tomatoes

12 litres cold boiled water
700-800 g salt

Scrub and scald the barrel. Sort the tomatoes according to ripeness; make sure they are all firm. Wash and pack the tomatoes alternately with layers of dill, tarragon, savoury and cherry or black currant leaves. Shake the barrel or jar from time to time so that the tomatoes settle more compactly. Fill the barrel to the top and pour in the brine. Cover with a wooden lid and weight it down. Store the tomatoes in a cool place. Pickling time is 40 to 50 days.

Fresh Soured Cabbage

Shred, wash and plunge the cabbage into boiling water. Drain in a colander and pour over cold water. Add salt. Sour according to the directions for sauerkraut. Souring time is 5 to 6 days.

Sauerkraut

Cabbage is usually soured in large wooden barrels but small quantities (5 to 10 kg) can be prepared in a glass jar or a crock.
Choose firm fresh heads of cabbage, discard the green leaves. Shred and mix with salt (250 g salt per 10 kg cabbage). Sprinkle a thin layer of rye flour over the bottom of the barrel and spread whole cabbage leaves over it. Pack the shredded cabbage into the barrel tightly, cover with whole cabbage leaves. The shredded cabbage may be mixed with sliced or shredded carrots, quarter pieces of antonovka (tart) apples, bilberries or cranberries. Place a wooden lid on the top and weight it down. Within a few days a scum will appear on the top. Insert a birch pole or stick long enough to reach the bottom of the barrel. The gases formed will escape through the vent made by the pole. The disappearance of the scum is a sign that the cabbage is soured. Store in a cool place. Should mould appear on the surface of the brine, remove it carefully. Scald the wooden lid and wash it as well as the cloth and weight that cover the cabbage.

Pickled Apples

The antonovka, a tart apple, is best for pickling. Spread a layer of cherry or black currant leaves on the bottom of the barrel. Wash the apples and place them in the barrel stems upward. Alternate every few layers of apples with a layer of leaves. Cover the last layer of apples with leaves. Pour in wort or sweet water to fill the barrel.

Wort

10 litres water
200 g rye flour
2 tblsps salt

Pour boiling hot water over the rye flour, add the salt and stir until thoroughly mixed. Set aside to settle, then strain.

Sweet Water

10 litres water
3 tblsps salt
400 g sugar or
600 g honey

Mix the ingredients together, boil and cool.
Before pouring the wort or sweet water into the barrel, move it to a cool place. Cover the apples with a wooden lid and weight it down (a clean heavy stone will serve the purpose). During the first 3 or 4 days the apples will absorb much of the liquid and it will be necessary to add more wort or cold water. During pickling and storage, the level of the liquid must be kept 3 to 4 cm above the wooden lid. The apples will pickle within 30 to 40 days.

Preservation of Mushrooms

The best known among the edible mushrooms are the edible boletus, aspen, brown cap boletus, butter, milk, edible brown, chanterelle, russula and honey mushrooms. They should be gathered in the early morning. Mushrooms spoil quickly and therefore must be cooked or preserved within 4 or 5 hours after they are picked.

Drying

Most suitable for drying are the edible boletus, aspen, brown cap and butter mushrooms. Do not wash them; wipe them clean with a cloth. On hot days they may be strung on a thread and hung in the sun. When dried in a Russian or ordinary oven the temperature must not exceed 70°-80 °C (130°-145 °F). Keep the oven door slightly open to ensure continuous air circulation and evacuation of moisture. Finish drying the mushrooms in the sun or hang them over the cooking range. Store in a dry, well-ventilated place away from any products with a pungent flavour. If they become moist, the mushrooms must be examined and redried.

Pickled Mushrooms

(Cold Method)

The edible brown, milk, volnushka (Lactarius torminosus) and russula mushrooms are best for cold pickling. Milk, volnushka and russula mushrooms must be soaked in cold water for 5 to 6 hours before pickling; edible brown mushrooms need only to be washed. Pack the mushrooms in a barrel crock or glass jar, sprinkling each layer with salt (50 g for each kilogram of milk, volnushka or russula mushrooms and 40 g for each kilogram of edible brown mushrooms). Cover with a wooden lid that fits easily into the vessel and weight it down. When the mushrooms settle, add more to keep the barrel or crock full. Check within five or six days to see if the mushrooms are covered with brine; if they are not, increase the weight on the lid. Pickling time is 1 to $1^1/_2$ months.

Pickled Mushrooms

(Hot Method)

Clean and sort the mushrooms. Pickle the caps and stems of the edible boletus, brown cap boletus and aspen mushrooms separately. If large and small caps are to be pickled together, cut the large ones into two or three pieces. Wash the mushrooms in cold water. Valui (Agaricus emeticus) must be soaked for 2 or 3 days before pickling.

Pickling Mixture for 1 kg Prepared Mushrooms

2 tblsps salt	3 cloves
1 bay leaf	5 g dill
3 peppercorns	2 black currant leaves

Add the salt to $^1/_2$ cupful of water and bring to a boil. Put in the mushrooms. When they

begin to boil carefully skim and add the spices. Do not burn. Cook edible boletus, aspen and brown cap boletus mushrooms for 20 to 25 minutes, valui, 15 to 20 minutes, and russula and volnushki, 10 to 15 minutes. When the mushrooms begin to settle and the pickling mixture becomes clear, turn into a wide saucepan, cool quickly and pack the cold mushrooms and pickling mixture in a barrel or crock and cover. The brine must comprise not more than one fifth the weight of the mushrooms. Pickling time for these mushrooms is 40 to 50 days.

Spiced Mushrooms

Select firm young edible boletus, brown cap boletus, aspen, butter or honey mushrooms. Spice each kind separately. Clean and sort them according to size. Cut off the stems (peel butter mushrooms), wash in cold water and drain in a colander.

Pickling Mixture for 1 kg Mushrooms

1/2 cupful water	2 or 3 g dill
1 1/2 tblsps salt	3 peppercorns
1/2 cupful vinegar	Piece of stick cinnamon
1 bay leaf	
2 cloves	

Add the vinegar and salt to the water. Put in the mushrooms, bring to a boil and skim. Add the spices. Cook for 20 to 25 minutes; paddle carefully and continuously. When the mushrooms settle to the bottom remove from the heat and cool. Pack in a crock or glass jar.

Glossary

1. Yuzhny, Ostry, Lyubitelsky and Kubansky sauces are commercial sauces obtainable in the USSR
   Yuzhny is spicy;
   Ostry is tart and spicy;
   Lyubitelsky is sweet and spicy;
   Kubansky is sweet-sour
2. Rasstegay – meat or fish patties or pies; either entirely open on top or closed, a vent hole being left in the top
3. Viziga – fish cartilage or spinal marrow of sturgeon fish. It is air dried and sold in bundles resembling skeins. Viziga contains up to 40% glutinous matter
4. Zakuska – hors d'oeuvres
5. Ukha – fish soup. Originally any clear soup was called ukha
6. Pirozhki – patties, small pies or turnovers
7. Pirogi – large patties or pies
8. Kulebyaki – large patties with more filling and less dough than pirogi
9. Mannacroup – semolina
10. Kindza – the leaves of coriander, widely used in Georgian cooking
11. Kletski – drop dumplings
12. Kissel – jellied dessert of varied thickness made with potato flour
13. Vareniki – Ukrainian poached pasties
14. Kvass – a beverage usually made from rye, yeast, sugar and mint
15. Okroshka – chilled soup made with kvass
16. Botvinnya – chilled fish-and-vegetable soup
17. Borshch – soup made with beetroot stock
18. Kasha – see p. 163
19. Shashlyk – marinated, skewered and then grilled meat of lamb
20. Solyanka – tart soup or other dish made with a large variety of ingredients usually including pickled cucumbers or sauerkraut
21. Zapekanka – pudding
22. Rassolnik – soup made with brine and pickled cucumbers
23. Bliny – pancakes
24. Blinchiki – thin pancakes
25. Oladyi – thick pancakes
26. Golubtsy – cabbage rolls stuffed with meat or vegetables
27. Telnoye – stuffed cutlet
28. Shchi – traditional cabbage soup
29. Pelmeni – poached pasties
30. Studen – jellied minced meat or fish
31. Kurnik – Russian traditional slipped cake
32. Pokhlebka – Russian traditional soup
33. Chay – tea

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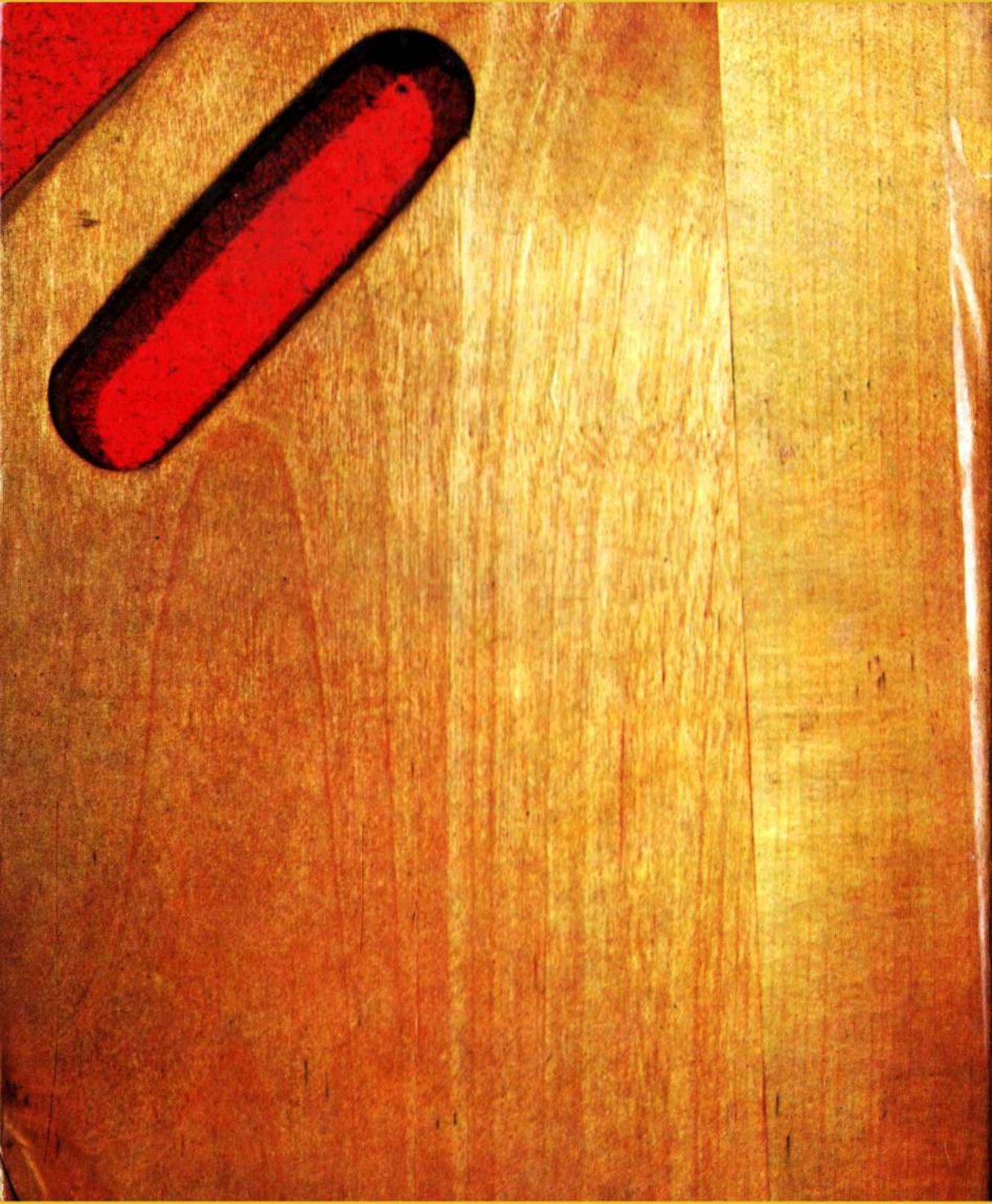
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